

A1C Goals by Age Chart

Normal ranges for healthy people without diabetes

Age range	Normal A1C levels
20-39 years	Around 5.7%
40-59 years	Around 6.1%
60 years and older	Around 6.5%

Ideal A1C levels for people with diabetes

The target A1C level for each person may vary because of differences in age and other factors. However, here are some general ranges for people with diabetes:

Age range	Target level	
Adults under 65	7% - 8%	
65 years and older	Healthy	7.5%
	Intermediate health	< 8.0%
	Poor health or multiple comorbidities	< 8.5%

A1C and estimated average glucose levels

The ranges below do not have a specified age.

Range	A1C percentage	Estimated average glucose (EAG)	
Normal	< 5.7%	< 117 mg/dl	6.5 mmol/L
Prediabetic	5.7 - 6.4%	117 - 137 mg/dl	6.5 - 7.6 mmol/L
Diabetic	> 6.4%	> 137 mg/dl	> 7.6 mmol/L
Diabetic, with each subsequent range indicating a higher risk of complications	6.5%	140 mg/dl	7.8 mmol/L
	7%	154 mg/dl	8.6 mmol/L
	7.5%	469 mg/dl	9.4 mmol/L
	8%	183 mg/dl	mg/dl10.1 mmol/L

Range	A1C percentage	Estimated average glucose (EAG)	
Diabetic, with each subsequent range indicating a higher risk of complications	8.5%	197 mg/dl	10.9 mmol/L
	9.5%	226 mg/dl	12.6 mmol/L
	10%	240 mg/dl	13.4 mmol/L

Additional notes

Hey team, reviewing A1C levels with patients, it's essential to consider their overall health status, age, and any comorbid conditions. For those with diabetes, setting personalized A1C targets can help minimize risks of complications, particularly cardiovascular issues. Regular monitoring and maintaining close communication with your healthcare provider are key to managing A1C levels effectively. Also, lifestyle factors like diet, exercise, and stress management play a huge role in achieving and maintaining these targets.

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