

HbA1c Interpretation Quick Reference

Average blood glucose equivalents and practical meaning — clinically reviewed

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This one-page chart summarises common HbA1c categories, approximate average blood glucose (eAG) equivalents, clinical interpretation and what each result typically means for patients. Individual targets vary — confirm your personal goal with your antenatal or diabetes care team.

Interpretation Table

HbA1c (%)	Average BG (mg/dL)	Interpretation	What It Means for You
Below 5.7%	~117	Normal	Healthy blood sugar control. Maintain a balanced diet and active lifestyle.
5.7% – 6.4%	117–137	Prediabetes	Early warning stage — adopt lifestyle changes to reduce future diabetes risk.
6.5% or higher	≥140	Diabetes	Indicates diabetes. Requires evaluation, treatment planning and regular monitoring.
7.0% or higher	≥154	Suboptimal Control	Blood sugar not well controlled — consider medication or diet adjustments with your clinician.
<7.0% (Target for many patients)	<154	Good Control	Common treatment goal for many adults with diabetes; targets should be individualised.

Note: Pregnancy, age, comorbidities and treatment affect target HbA1c. Use this chart as a quick reference only — confirm exact targets and management with your care team.

Quick conversions

Use lab values when available. Common formulas:

- A1c % → eAG (mg/dL): $eAG = 28.7 \times A1c - 46.7$
- A1c % → IFCC (mmol/mol): $IFCC = (A1c - 2.15) \times 10.929$

Example: A1c 7.0% → eAG ≈ 153 mg/dL; IFCC ≈ 53 mmol/mol.

What to do next

- If A1c ≥6.5%: schedule evaluation and care planning
- If A1c ≥7.0% and known diabetes: review meds, diet, and monitoring
- If A1c 5.7–6.4%: consider lifestyle interventions and follow-up testing
- Bring this chart to clinic to discuss personalised targets