

# A1C Goals by Age Chart

Name:

Date:

An A1C Goals by Age Chart can be a great asset for those with diabetes, as it can help to create an individualized plan for monitoring and maintaining blood glucose levels. A1C levels measure the average amount of sugar, or glucose, in the blood over a period of two to three months.

## A1C Chart

Average Percentage	Estimated Average Glucose (EAG)		Interpretation
< 5.7%	< 117 mg / dL	6.5 mmol/L	Normal
5.7 – 6.4%	117 – 137 mg / dL	6.5 – 7.6 mmol/L	Pre-diabetic
> 6.4%	> 137 mg / dL	7.6 mmol/L	Diabetic
6.5%	140 mg / dL	7.8 mmol/L	Increased Risk
7%	154 mg / dL	8.6 mmol/L	
7.5%	169 mg / dL	9.4 mmol/L	
8%	183 mg / dL	10.1 mmol/L	
8.5%	197 mg / dL	10.9 mmol/L	
9%	212 mg / dL	11.8 mmol/L	
9.5%	226 mg / dL	12.6 mmol/L	
10%	240 mg / dL	13.4 mmol/L	

## A1C Goals by Age

Age Group	Average Percentage	Estimated Average Glucose (EAG)	
Below 20 years old	< 6%	<126 mg / dL	6.5 – 7.6 mmol I/L
20 -39 years old	6%	<126 mg / dL	6.5 – 7.6 mmol I/L
40 -59 years old	6.1%	<137 mg / dL	7.6 mmol I/L
Over 60 years old	6.5%	<140 mg / dL	67.8 mmol I/L

## Additional Notes

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