

LATINO DIABETES ASSOCIATION

A1C and Blood Glucose Normal, Elevated, and Severely Elevated Levels Chart

SEVERELY ELEVATED	A1C LEVELS	GLUCOSE LEVELS
Levels. Risk of serious complications such as heart attack, stroke, blindness, kidney failure, amputations, etc	13	380
	12	345
	11	310
	10	275
ELEVATED and POORLY Controlled Levels	9	240
	8	205
	*7	170
NORMAL Levels	*6	135
	5	100
	4	65

An A1C diabetes test above 5.9 is considered pre-diabetic. Under 7 is considered normal or "good" if you already have diabetes.

Stay under 5.9 to play safe to avoid prediabetes and under *7 if you are already diabetic. If you are in the Elevated or Severely Elevated Levels above, or getting close to 5.9 prediabetes level, it is extremely important that you lose weight, exercise, and see a doctor and nutritionist!