

HbA1c & Blood Glucose Levels

How average blood sugar levels in mmol/L are translated into HbA1c readings, and vice versa¹².

HbA1c (%)	HbA1c (mmols/mol)	Ave Blood Glucose (mmol/L)
13	119	18 mmol/L
12	108	17 mmol/L
11	97	15 mmol/L
10	86	13 mmol/L
9	75	12 mmol/L
8	64	10 mmol/L
7	53	8 mmol/L
6	42	7 mmol/L
5	31	5 mmol/L

HbA1c refers to glycated haemoglobin, which identifies average plasma glucose concentration.

- For **non-diabetics**, the usual HbA1c reading is 4 to 5.9%.
- For **people with diabetes**, an HbA1c level of 6.5% is considered good control, although some people may prefer their numbers to be closer to that of non-diabetics.
- **People at greater risk of hypoglycemia** may be given a target HbA1c of 7.5%

¹ International Federation of Clinical Chemistry (IFCC) Standardization of HbA1c conversion table

² How does your glucose level compare with your HbA1c