

What Are the Target Ranges?

Blood glucose targets are individualized based on:

- duration of diabetes
- age/life expectancy
- comorbid conditions
- known CVD or advanced microvascular complications
- hypoglycemia unawareness
- Individual patient considerations.

Three US organizations that contribute and create guidelines for people with diabetes

1. The American Diabetes Association suggests the following targets for most nonpregnant adults with diabetes. More or less stringent glycemic goals may be appropriate for each individual. The following goals are especially appropriate if you have complications of diabetes, heart disease, and/or are elderly:

- **A1C:** 7%
A1C may also be reported as eAG: 154 mg/dl
- **Before a meal (preprandial plasma glucose):** 70–130 mg/dl
- **1-2 hours after beginning of the meal (Postprandial plasma glucose)*:** Less than 180 mg/dl

*Postprandial glucose may be targeted if A1C goals are not met despite reaching preprandial glucose goals.

2. The American College of Endocrinology suggests the following targets, for most non-pregnant adults with diabetes who are not having complications of diabetes:

- **A1C:** 6.5%
A1C may also be reported as eAG: 140 mg/dl
- **Before a meal (preprandial plasma glucose):** less than 110 mg/dl
- **2 hours after beginning of the meal (Postprandial plasma glucose)*:** Less than 140 mg/dl

3. The American Association of Diabetes Educators suggests the following targets, for most non-pregnant adults with diabetes who are not having complications of diabetes:

- **A1C:** 6.5%
A1C may also be reported as eAG: 140 mg/dl
- **Before a meal (preprandial plasma glucose):** 80 - 120 mg/dl
- **2 hours after beginning of the meal (Postprandial plasma glucose)*:** Less than 140 mg/dl