Glycemic Targets

Most non-pregnant adults

**A1C target** <7%

- Preprandial glucose 80–130 mg/dL
- Peak postprandial glucose <180 mg/dL

Consider less stringent A1C goals (such as <8%)

- Hypoglycemia/hypoglycemia unawareness
- Reduced life expectancy
- Older age
- Increased risk or frequency of hyperglycemia
- Established vascular complications
- Multiple comorbidities
- Patient preference
- Lack of resources/support systems

Preprandial glucose measurement should be made before food

Post prandial glucose measurements should be made 1–2 hours after the beginning of a meal

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

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