

## What is HbA1c?

HbA1c (glycated haemoglobin) is a blood test that measures your average blood sugar level over the past 2-3 months. Unlike a finger-prick glucose test, which shows your blood sugar at a single moment, HbA1c gives a longer-term picture of how well your blood sugar is being managed.

When blood sugar is elevated, glucose attaches to haemoglobin, the protein in your red blood cells. The more glucose in your blood, the higher your HbA1c. Because red blood cells live for approximately 3 months, the test reflects your average over that period.

**Two ways HbA1c is measured, both mean the same thing.** In Australia, HbA1c is reported in **mmol/mol** or as a **percentage (%)**. Your GP may use either. For example: 53 mmol/mol = 7.0%.

## What do your results mean?

| Normal                                                                                                                                                              | Prediabetes                                                                                                                                                                                                            | Diabetes                                                                                                                                                                                                             | High risk                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>&lt;42 mmol/mol</b><br>Below 6.0%                                                                                                                                | <b>42-52 mmol/mol</b><br>6.0-6.9%                                                                                                                                                                                      | <b>53-75 mmol/mol</b><br>7.0-9.0%                                                                                                                                                                                    | <b>&gt;75 mmol/mol</b><br>Above 9.0%                                                                                                                                                               |
| <b>&lt;42 mmol/mol</b><br><b>Normal</b><br>Blood sugar is within a healthy range. Continue with current lifestyle habits and attend regular check-ups with your GP. | <b>42-52 mmol/mol</b><br><b>Prediabetes</b><br>Blood sugar is higher than ideal but not yet in the diabetes range. Lifestyle change at this stage can significantly reduce the risk of progression to Type 2 Diabetes. | <b>53-75 mmol/mol</b><br><b>Type 2 Diabetes</b><br>Above the diagnostic threshold for Type 2 Diabetes. Management typically involves lifestyle change, exercise, dietary modification, and in some cases medication. | <b>&gt;75 mmol/mol</b><br><b>Significantly elevated</b><br>Blood sugar is significantly elevated. Active management with your GP and health team is important to reduce the risk of complications. |

**What is a healthy target?** For most people with Type 2 Diabetes, the general target is below **53 mmol/mol (7.0%)**. Your GP will set a personalised target based on your age, medications, and overall health, so your individual target may differ.

## Active Answers Health

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This information is general in nature and is not a substitute for professional medical advice.  
Please speak with your GP or a qualified health professional regarding your individual results.