Hemoglobin A1c (also called “A1c”)

Hemoglobin A1c is a blood test that measures the average blood glucose over the past 3 months. It is measured as a percentage. A higher A1c means blood glucose has been regularly higher over those three months.

A1c is a useful tool for monitoring risk for complications related to diabetes. Long-term high blood glucose are related to negative effects on brain function, brain structure, and brain development in children and teens with diabetes.

Your A1c will be checked with each clinic visit with a fingerstick, with your labs, or with an at-home testing kit. For children, the A1c goal is 7.5% or lower.