

BLOOD GLUCOSE MANAGEMENT GOALS

Different organizations have published different goals for target HbA_{1c} levels and for blood glucose levels before and after meals. Here are the recommendations for nonpregnant adults and for pregnant women of the American College of Endocrinology (ACE), Joslin Dia-

betes Center (JDC), and American Diabetes Association (ADA), as well as the goals for pregnant women published by the American College of Obstetricians and Gynecologists (ACOG). Talk to your diabetes care team about which goals to aim for and how to achieve them.

NONPREGNANT ADULTS

	ACE	JDC	ADA
HbA _{1c}	6.5% or lower	Less than 7%	Less than 7%
Fasting or premeal blood glucose levels	Below 110 mg/dl	90–130 mg/dl	90–130 mg/dl
Blood glucose levels two hours after meals	Below 140 mg/dl	Below 160 mg/dl	Below 180 mg/dl

PREGNANT WOMEN

	ACOG	ACE	JDC	ADA
Fasting or premeal blood glucose levels	Below 95 mg/dl	60–90 mg/dl	60–99 mg/dl	80–110 mg/dl
Blood glucose levels after meals	Below 120 mg/dl (two hours after meals)	Below 120 mg/dl (one hour after meals)	100–129 mg/dl (one hour after meals)	Below 155 mg/dl (two hours after meals)

Diabetes Self-Management, “Blood Glucose Monitoring: When to Check and Why” by Rebecca K. Abma

Copyright © 2007 R.A. Rapaport Publishing, Inc. All rights reserved.

No reproduction, distribution or transmission of any portion of this site is permitted without the express written permission of R.A. Rapaport Publishing, Inc. Use of this site is subject to our Terms and Conditions and Privacy Policy. By using this site, you accept and agree to such Terms and Conditions and Privacy Policy.