Hemoglobin A1c Reference Range Terminology Change

Towards the goal of creating positive impacts to population health and simplification of message, the terminology in the reference range comment for Hemoglobin A1c (HbA1c) will be revised.

The current reference range comment for HbA1c test results is as follows:

- <5.7% Normal
- 5.7 - 6.4% Increased risk for diabetes
- =>6.5% Diagnostic for diabetes (if confirmed)

The A1c goal for nonpregnant adults in general is <7%.

The A1c goal for selected patients may be significantly lower than 7% if this can be achieved without significant hypoglycemia or other adverse effects of treatment.

The new reference range comment for HbA1c test results will be as follows:

- <5.7% Normal
- 5.7 - 6.4% Prediabetes
- =>6.5% Diagnostic for diabetes

Goals for glycemic control in diabetics (ADA 2017):

- <7.0% Target for nonpregnant adults with diabetes
- More or less stringent targets may be appropriate for individual patients
- <7.5% Target for children and adolescents with type 1 diabetes

The change to using prediabetes as the classification for patients with HbA1c results of 5.7-6.4% is towards the goal of providing patients with a more concrete understanding of their condition and the gravity of its diagnosis. The secondary goal of this change is to increase patient interest in diabetes management and nutritional programs in and outside of the UVM health network. The revision to the HbA1c stated goals in the reference range is to better specify that these are targets for glycemic control established by the American Diabetes Association for patients with a diagnosis of diabetes.

Effective Date: October 23, 2017

If you have any questions concerning this change please contact Dr. Clayton Wilburn (clayton.wilburn@uvmhealth.org) in the laboratory.
REFERENCES:

