

A1C Levels



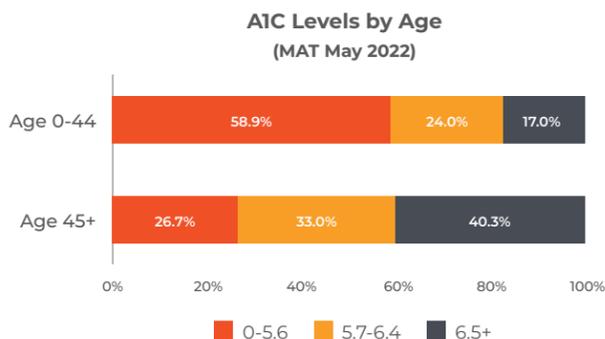
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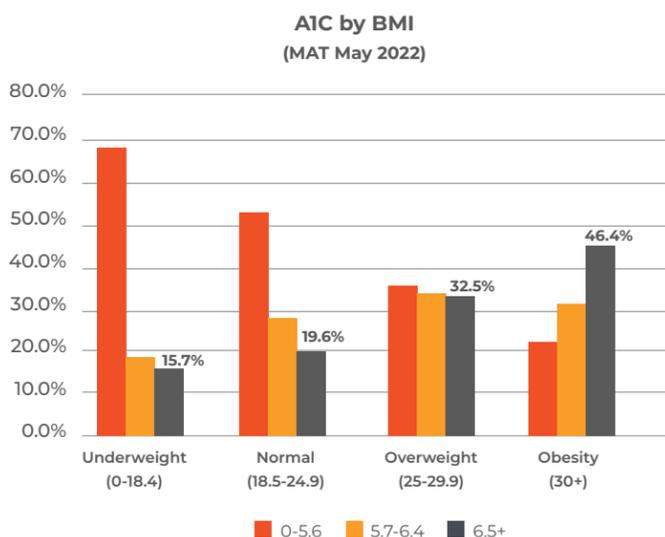
The A1C test—also known as the hemoglobin A1C or HbA1c test—measures a patient’s average blood sugar level over the past 3 months. An A1C below **5.7%** is normal, **between 5.7% and 6.4%** indicates pre-diabetes, and **6.5% or higher** indicates diabetes. Higher A1C levels are linked to diabetes complications, so achieving and maintaining a low A1C level is necessary for long-term health.

A1C test results demonstrate a distinct risk-factor profile for the potential diagnosis of pre-diabetes and type 2 diabetes. The CDC currently recommends getting a baseline A1C test if a patient is over 45, overweight, or has one or more risk factors such as family history, inactivity, or is of a race with higher probability of disease.

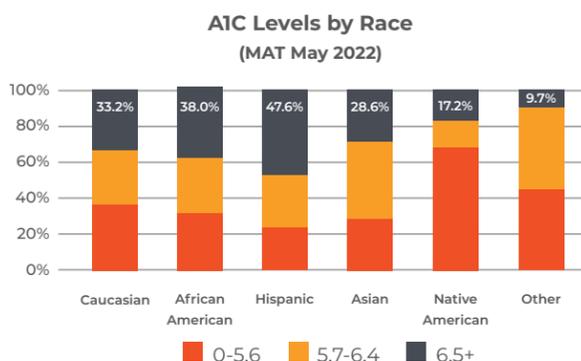
In MAT May 2022, healthcare providers reported that A1C tests resulted in higher levels for their patients who were 45 years or older. Only 17.0% of patients who ranged from age 0-44 presented with an A1C level of 6.5% or greater, while 40.3% of patients 45+ years received test results of 6.5% or more.



HCPs also reported a clear link between BMI and A1C results. During the same 12-month period, the percentage of patients with A1C results of 6.5% or higher increased as BMI increased. Only 19.6% of patients in the Normal BMI range of 18.5-24.9 received a high A1C result, while 46.4% of patients in the Obese BMI range of 30+ received an A1C result of 6.5% or higher.



A1C levels also varied considerably by race. Hispanic and African American patient populations had the largest percentage of results with an A1C over 6.5%, 47.6% and 38.0% respectively.



Source: AnswerSuite TreatmentAnswers; AnswerSuite DetailAnswers

Reach out to one of our AnswerSuite experts for a complimentary report. Contact gina.barbetta@syneoshealth.com OR jennifer.brunner@syneoshealth.com

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TreatmentAnswers captures and reports on patient visit interactions with HCPs. These insights include patient and HCP demographics, diagnoses, comorbidities and intended drug therapy.

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