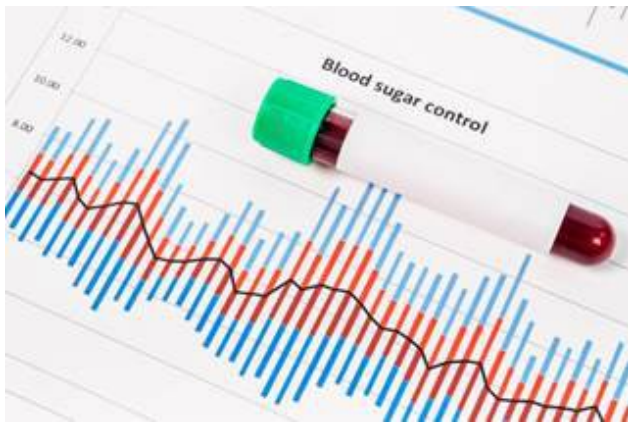


# Random Glucose Tests Vs HbA1c Tests

A random glucose test indicates what your blood sugar level is at that point in time. It is important to note, that blood glucose levels are affected by activity levels, stress, diet and period between meals, infection and/ or illness. Diet and period between meals also contribute to blood sugar levels; as foods that are high in carbohydrates, such as potatoes, chocolate, bread, rice and pasta raise blood sugar to their highest level within an hour of consumption.

On the other hand, a HbA1c test, also known as Hemoglobin A1c or Glycated Hemoglobin Test, measures a three month average of your blood sugar levels.



**The World Health Organization (WHO) suggests the following diagnostic guidelines for diabetes:**

- HbA1c below 6.0%: Non-diabetic
- HbA1c between 6.0–6.4%: Impaired glucose regulation (IGR) or Prediabetes
- HbA1c of 6.5% or over: Type 2 diabetes.
- General HbA1c target for people with diabetes: 6.5%

People with diabetes should be given an individual target to aim towards by their health team. This target should take into account their ability to achieve the target based on their day to day life and whether they are at risk of having regular or severe hypoglycemia (low blood sugar).

In the case of gestational diabetes, a glucose challenge test is performed followed by an oral glucose tolerance test (OGTT) to confirm diagnosis.

This content is provided as a service of the Belize Diabetes Association (BDA) – Corozal Branch. The BDA – Corozal Branch translates and disseminates research findings through its Corozal Diabetes Education Resource (CDER) Project to increase knowledge and understanding about health and disease among patients and the public. Content produced by the BDA – Corozal Branch is carefully reviewed by the association's health care and medical professionals.

