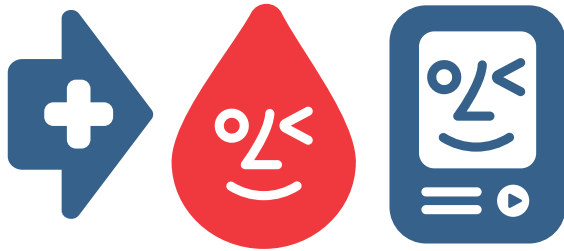


KNOW YOUR NUMBERS

Below are suggestions for appropriate lab results for individuals with diabetes, however, individuals may have different goals based on discussions with their care team.



Blood Glucose

- The amount of glucose in the blood at a specific time
- Goal Ranges:
 - ▶ Before a meal: **80–130 mg/dL**
 - ▶ 1-2 hours after beginning a meal: **less than 180 mg/dL**
- Frequency of testing of blood glucose levels varies based on each individual patient



Time in Range for Continuous Glucose Monitor (CGM) Users

- Percent of time glucose stays within target (typically 70–180 mg/dL) when wearing a CGM
- Common goal: **greater than or equal to 70% time in range**



A1C (Hemoglobin A1C)

- Reflects average glucose level over approximately 3 months
- Goal is less than **7%** for most people with diabetes
- Typically checked every 3 to 6 months or as directed by a provider



Blood Pressure

- A blood pressure check is the clinical measurement of the force of blood against artery walls
- Common Goal: **<130/80 mmHg**
- Checked at every visit, with some individuals checking more frequently based on individual guidance from a provider



Lipid Panel (Cholesterol)

- A routine blood test that measures cholesterol and triglycerides to evaluate the risk of cardiovascular disease
- Goal Ranges:
 - ▶ **LDL (bad cholesterol):** Often less than 100 mg/dL (or less than 70 mg/dL if high cardiovascular risk)
 - ▶ **HDL (good cholesterol):** greater than 40 mg/dL (men), greater than 50 mg/dL (women)
 - ▶ **Triglycerides:** less than 150 mg/dL
- Checked at least annually



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Kidney Function Tests

- **eGFR** identifies how well the kidneys are filtering waste from the blood
- Goal of **greater than or equal to 60 mL/min/1.73m²**. This goal may be different for patients with chronic kidney disease
- **Urine Albumin-to-Creatinine Ratio (UACR)** detects small amounts of protein (albumin) in the urine which indicates early kidney damage
- Goal of **less than 30 mg/g** normal
- Screen annually (some providers will check more frequently if abnormal)



Liver Function Tests (ALT/AST)

- There are two tests that screen for fatty liver disease (common in type 2 diabetes)
- Goal lab values may vary depending on the patient and provider's recommendations
- Elevated levels may require further evaluation



Thyroid Function Tests

- These are especially important in type 1 diabetes due to autoimmune risk
- Goal lab values may vary depending on the patient and provider's recommendations
- Screen periodically based on clinical guidance



Vitamin B12

- Recommended for patients on long-term metformin therapy as B12 deficiency can contribute to neuropathy
- Goal of **higher than 200 pg/ML**
- Typically screened yearly



Weight / BMI

- **BMI** (or Body Mass Index) is a simple numerical value used to estimate whether a person's body weight is appropriate for their height
- To calculate your BMI = (your weight in pounds × 703) ÷ (your height in inches × your height in inches)
- BMI = $\frac{\text{weight (lb)} \times 703}{\text{height (in)}^2}$



BMI Categories (same for adult males and females)

- **Underweight:** BMI less than 18.5
- **Normal weight:** BMI 18.5 to 24.9
- **Overweight:** BMI 25.0 to 29.9
- **Obesity:** BMI 30.0 or higher
- A 5–10% weight reduction can significantly improve outcomes



To access a printable sheet to make note of all of your numbers, access doh.sd.gov/topics/diseases/chronic-disease/diabetes/diabetes-resources or scan the QR code.



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