

Hemoglobin A1c Test

According to the Centers for Disease Control and Prevention (CDC), glycemic control is essential for preventing diabetes-related complications. Hemoglobin A1c exams provide information on blood sugar levels over the prior two to three months. This indicator provides information about the quality of diabetes care provided and/or the quality of diabetes self-management. In Virginia, as of 2006, about 79 percent of adults with diabetes reported having twice annual A1c tests.

- A hemoglobin A1c test (A1c) is a blood test performed by a doctor, nurse, or other health professional in a clinical setting. The test estimates the average amount of glucose in your blood over a three month period of time; this test is not the same as a daily blood glucose test performed at home.

Baseline- Twice per Year 2000	2001	2002	2003	2004	2005	2006
73.4%	71.5%	70.3%	71.7%	74.1%	76.2%	79.0%

Healthy People 2010 Objective:

(5-12)* Increase the proportion of adults with diabetes who have a glycosylated hemoglobin measurement at least once a year to 65 percent.

*Currently under revision to twice per year, objective percent to be determined.

American Diabetes Association Recommendation:

Perform the A1C test at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control), and quarterly in patients whose therapy has changed or who are not meeting glycemic goals.

Sources: CDC Diabetes Indicators and Data Source Internet Tool, 2007; VA BRFSS, 2000-2006

Data Note: Percents are weighted towards annual population estimates and age-adjusted.