

According to the American Diabetes Association and the Centers for Disease Control and Prevention, more than 30 million Americans, or approximately 10 percent of the nation's population, have diabetes.



1 person = 1.5 million people

UNDERSTANDING A1C LEVELS



A1C level of 5.6 percent or below is normal.



A1C levels of 5.7 to 6.4 percent indicate prediabetes.



A1C levels of 6.5 percent or higher indicate diabetes.

HOW OFTEN YOU SHOULD CHECK YOUR A1C LEVELS



Once every year if you have prediabetes, which indicates a high risk of developing diabetes



Twice a year if you have type 2 diabetes, you don't use insulin and your blood sugar level is consistently within your target range.



Three to four times a year if you have type 1 diabetes.



Four times a year if you have type 2 diabetes, you use insulin to manage your diabetes or you have trouble keeping your blood sugar level within your target range.