Every child and young person with Type 1 diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the blood glucose readings that you and your family should be aiming for.

**BLOOD GLUCOSE GUIDANCE FOR TYPE 1 DIABETES**

<table>
<thead>
<tr>
<th>HbA1c (SHOWS CONTROL OVER 3 MONTHS)</th>
<th>7 DAY AVERAGE (OF DAILY BLOOD GLUCOSE CHECKS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 58 MMOL/MOL</td>
<td>Aim for 8 MMOL/L</td>
</tr>
</tbody>
</table>

**WHAT TO AIM FOR DURING THE DAY**

<table>
<thead>
<tr>
<th>BEFORE MEALS (INCLUDING BREAKFAST)</th>
<th>2 HRS AFTER MEALS</th>
<th>BEDTIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4-7 MMOL/L</td>
<td>4-7 MMOL/L</td>
</tr>
<tr>
<td></td>
<td>5-9 MMOL/L</td>
<td></td>
</tr>
</tbody>
</table>

**TOP 3 TIPS FOR MANAGING BLOOD GLUCOSE**

1. Give insulin 5-15 minutes before meal times
2. Check your blood at least 5 times a day
3. Improve your carb counting skills...

Remember, a lot of things can affect your blood glucose readings such as exercise, illness and worry. Do you or your family need a little help? Is there something you’re struggling with? Talk to your Diabetes Team who will be happy to help you.
Things to remember:

Your HbA1c is a measure of your blood glucose over the last 8–12 weeks.

The target HbA1c is less than 58mmol/mol (ideally 48mmol/mol) without frequent hypos.

High blood glucose levels affect mood, growth, energy and concentration.

Very high blood glucose levels can cause ketones to be produced and increase the risk of life threatening Diabetic Ketoacidosis.

Lowering your HbA1c by just 10mmol/mol reduces your risk of complications by 20%.

Date:  
Current HbA1c:  
Last HbA1c:  

Discussions:  

Next steps:  

You’re doing really great!

Need a little bit of help?

It’s time to make changes

At this level there is a serious risk of DKA!