

CHILDHOOD TYPE 1 DIABETES KNOW THE NUMBERS

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

HbA1C
(SHOWS CONTROL OVER 3 MONTHS)

Less than

58

MMOL/MOL

7 DAY AVERAGE
(OF DAILY BLOOD GLUCOSE CHECKS)

Aim for

8

MMOL/L

WHAT TO AIM FOR DURING THE DAY

BEFORE MEALS
(INCLUDING BREAKFAST)



4-7

MMOL/L

2 HRS AFTER MEALS



5-9

MMOL/L

BEDTIME



4-7

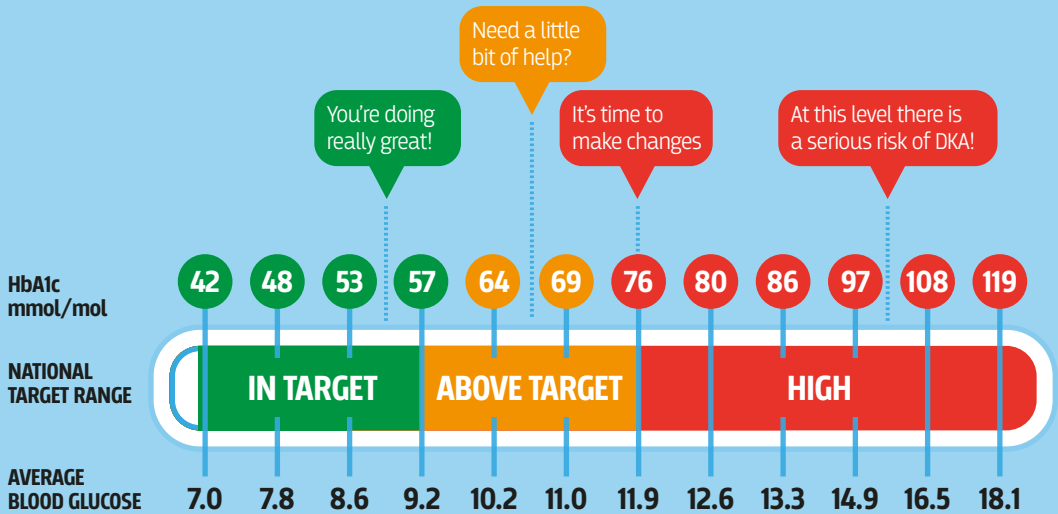
MMOL/L

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... **1... 2... 3**

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.

YOUR HbA1c CHART



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: