

Diabetes fact sheet

What Targets Should I Aim For?

Glucose Levels

Normal		
• Fasting (pre breakfast)	Under 6.1	
Impaired Glucose Metabolism		
• Fasting (pre breakfast)	6.1 – 6.9	Impaired Fasting Glucose (IFG)
• Following 75g Glucose Test	7.8 – 11.1	Impaired Glucose Tolerance (IGT)
Diabetes		
• Fasting (pre breakfast)	Over 6.9	
• Following 75g Glucose Test	Over 11.1	

Lipid levels

Total Cholesterol	Under 4 mmol/L
Triglycerides	Under 1.5 mmol/L
HDL (good)	Over 1 mmol/L
LDL (bad)	Under 2.0 mmol/L

Blood Pressure

Adults under 65	120/80 mmHg
Adults over 65	130/85 mmHg
Diabetes, renal insufficiency +/- proteinuria	130/80 mmHg
Adults with proteinuria >1g/day	125/75 mmHg

BMI

BMI	Level
< 18.5	Under Weight
18.5 – 24.9	Healthy
25 - 30	Overweight
> 30	Obese

Waist Circumference

	Women	Men
Normal		
Overweight	80 cm	94 cm
Obese	88 cm	102 cm