

HbA1c Units Conversion Chart

The following chart makes it easy to convert old % units into the newer mmol/mol units.

DCCT (Diabetes Control and Complications Trial) units measured in %

IFCC (International Federation of Clinical Chemistry) units measured in mmol/mol

The target HbA1c value for most people with diabetes is 6.5% or below (IFCC) or 48 mmol/mol or below (DCCT).

Note that some people may be set alternative targets by their health team.

DCCT (%)	IFCC (mmol/mol)	DCCT (%)	IFCC (mmol/mol)
5.0	31	10.0	86
5.1	32	10.1	87
5.2	33	10.2	88
5.3	34	10.3	89
5.4	36	10.4	90
5.5	37	10.5	91
5.6	38	10.6	92
5.7	39	10.7	93
5.8	40	10.8	95
5.9	41	10.9	96
6.0	42	11.0	97
6.1	43	11.1	98
6.2	44	11.2	99
6.3	45	11.3	100
6.4	46	11.4	101
6.5	48	11.5	102
6.6	49	11.6	103
6.7	50	11.7	104
6.8	51	11.8	105
6.9	52	11.9	107
7.0	53	12.0	108
7.1	54	12.1	109
7.2	55	12.2	110
7.3	56	12.3	111
7.4	57	12.4	112
7.5	58	12.5	113
7.6	60	12.6	114
7.7	61	12.7	115
7.8	62	12.8	116
7.9	63	12.9	117
8.0	64	13.0	119
8.1	65	13.1	120
8.2	66	13.2	121
8.3	67	13.3	122
8.4	68	13.4	123
8.5	69	13.5	124
8.6	70	13.6	125
8.7	72	13.7	126
8.8	73	13.8	127
8.9	74	13.9	128
9.0	75	14.0	130
9.1	76	14.1	131
9.2	77	14.2	132
9.3	78	14.3	133
9.4	79	14.4	134
9.5	80	14.5	135
9.6	81	14.6	136
9.7	83	14.7	137
9.8	84	14.8	138
9.9	85	14.9	139