



## HbA1C Test

[Source: TH](#)

India faces a significant [diabetes](#) burden, accounting for **17% of global cases**. The **Haemoglobin A1C (HbA1C) test**, also known as the **glycated haemoglobin or glycosylated haemoglobin test**, plays a crucial role in early detection and management.

- The HbA1C test provides a **2-3 month average of blood glucose levels by measuring sugar-coated red blood cells**, offering comprehensive long-term control assessment.
  - Unlike **fasting and post-meal tests**, it remains **unaffected by recent meals, ensuring reliability**.
  - An HbA1C **below 5.7% is considered normal**; between 5.7 and 6.4% may indicate you are **pre-diabetic**; and **6.5% or higher can indicate diabetes**.
    - Factors such as kidney or liver failure, anaemia, certain medications, and pregnancy can influence the test results.
- India has **10.13 crore people with diabetes** and 13.6 crore pre-diabetic individuals. Over **35% of Indians suffer from [hypertension](#)** and nearly **40% from [abdominal obesity](#)**, both risk factors for diabetes.
- The test is not a standalone diagnostic tool and may be used alongside other tests for a comprehensive assessment.

**Read more:** [Detection of Pre-Diabetes](#), [Coping with Type-1 Diabetes](#)

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