

Lipid, Glucose, and A1C Values: Nonfasting Values

Measurement	Normal	Abnormal	
Total Cholesterol* (mg/dL)	<200 (desirable)	<u>Borderline High</u> 200-239	†<u>High</u> ≥240
HDL Cholesterol* (mg/dL)	≥40 ≥60 (optimal)	<u>Low</u> <40	
Blood Glucose** (mg/dL)	70-140	<u>Prediabetes</u> 141-200	†<u>Diabetes</u> >200 plus symptoms
A1C	<5.7%	<u>Prediabetes</u> 5.7% – 6.4%	†<u>Diabetes</u> ≥ 6.5%

***Note:** HDL and Total Cholesterol classification is the same regardless of fasting status.

****Note:** Normal values for random (nonfasting) glucose levels are not clearly provided in any national guidelines, but ADA defines ≤70 mg/dL as hypoglycemia and studies have shown random plasma glucose rates of > 140 to have high correlation with diabetes.

†Disease-level values

Cholesterol Recommendations

ATP III recommends a complete lipoprotein profile (total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides) as the preferred initial test. If the testing opportunity is nonfasting, only the values for total cholesterol and HDL cholesterol are usable.

When nonfasting total cholesterol is >200 mg/dL or HDL is <40 mg/dL, a follow-up lipoprotein profile is needed for appropriate management based on LDL.

A1C Test

The A1C (Glycosolated Hemoglobin) test should be performed in a laboratory using a method that is National Glycohemoglobin Standardization Program (NGSP) certified and standardized to the Diabetes Control and Complications Trial (DCCT) assay.