**Age:** This is the age of the patients

**bs\_fast:** This is the Blood Sugar in fasting (Before meals), mmol/L

| **Plasma glucose test** | **Normal** | **Prediabetes** | **Diabetes** |
| --- | --- | --- | --- |
| **Random** | Below 11.1 mmol/l Below 200 mg/dl | N/A | 11.1 mmol/l or more 200 mg/dl or more |
| **Fasting** | Below 5.5 mmol/l Below 100 mg/dl | 5.5 to 6.9 mmol/l 100 to 125 mg/dl | 7.0 mmol/l or more 126 mg/dl or more |
| **2 hour post-prandial** | Below 7.8 mmol/l Below 140 mg/dl | 7.8 to 11.0 mmol/l 140 to 199 mg/dl | 11.1 mmol/l or more 200 mg/dl or more |

**bs\_pp:** This is the Blood Sugar in 90 minutes after meals , mmol/L

**plasma\_r:** Plasma gulcose test Random taken at any time, mmol/L

**Plasma\_f**: Plasma glucose test fasting usually in the morning because it shpul be taken after at least 8 hours.

**hba1c:**   test measures the amount of blood sugar (glucose) attached to hemoglobin

| **HbA1c** | **mmol/mol** | **%** |
| --- | --- | --- |
| **Normal** | **Below 42 mmol/mol** | **Below 6.0%** |
| **Prediabetes** | **42 to 47 mmol/mol** | **6.0% to 6.4%** |
| **Diabetes** | **48 mmol/mol or over** | **6.5% or over** |