

Room for improvement in knowledge of ABC levels, goals

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(HealthDay) -- Many individuals with diabetes do not know their last hemoglobin A1C (A1C), blood pressure, and low-density lipoprotein (LDL) cholesterol levels (ABC levels), although the correlation between such knowledge and meeting targets for ABC control is unclear, according to a study published online April 12 in *Diabetes Care*.

Sarah Stark Casagrande, Ph.D., of Social and Scientific Systems in Silver Spring, Md., and colleagues analyzed data from 1,233 adults with self-reported diabetes who participated in the 2005 to 2008 National Health and [Nutrition Examination Survey](#). The last ABC levels and goals

specified by physicians were self-reported and were not validated through medical records.

The researchers found that 48 percent of participants knew their last A1C level, 63 percent knew their last [blood pressure](#) level, and 22 percent knew their last LDL cholesterol level. Non-Hispanic whites had the greatest knowledge of their ABC levels and physician-specified ABC goals, which was also significantly higher among participants with more education and income. ABC level knowledge was lowest in Mexican-Americans. Nineteen, 47, and 41 percent of participants reported that their provider did not specify an A1C, blood pressure, or LDL cholesterol goal, respectively. Eighty-three percent of those who reported having an A1C

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