MANAGING BLOOD SUGARS

Healthy lifestyles can keep your blood sugar normal and lower your risk of developing complications[5]. If you have questions or want personalized advice, consult your healthcare provider.

HEALTHY FOOD AND DRINK

Choosing healthy foods and drinks can help keep blood sugars stable.

EAT LOTS OF VEGETABLES AND FRUITS
Fiber in fruits and vegetables can help keep blood sugars stable.

CHOOSE HEALTHY FATS & LEAN PROTEIN
Fats and proteins are digested slower, helping to keep blood sugar more stable.

DRINK WATER
Aim for half your body weight in ounces of plain water each day.

EXERCISE

Staying active can help you achieve a healthy blood sugar. Moderate intensity activity, like brisk walking or biking is best[5]. Talk to your doctor before starting exercise.

ADULTS: 30 MINUTES EACH DAY
KIDS: 1 HOUR EACH DAY

Sources:

1. Oneida Community Health Center EMR data retrieved January 2025
2. 2022 CHA: Oneida Community Health Survey
3. American Diabetes Association. "Understanding A1c.". Retrieved 11/18/2025. https://diabetes.org/about-diabetes/a1c
4. CDC BRFSS 2023
5. U.S. Centers for Disease Control and Prevention. "Manage Blood Sugar." Retrieved 12/16/25. https://www.cdc.gov/diabetes/treatment/index.html

Updated January 2026

ONEIDA

Chronic Conditions Data:

A1C: DIABETES INDICATOR

Community health assessment and electronic medical record (EMR) data from Oneida Community Health Center shared here provides information as of 2025 age 20 years and older.

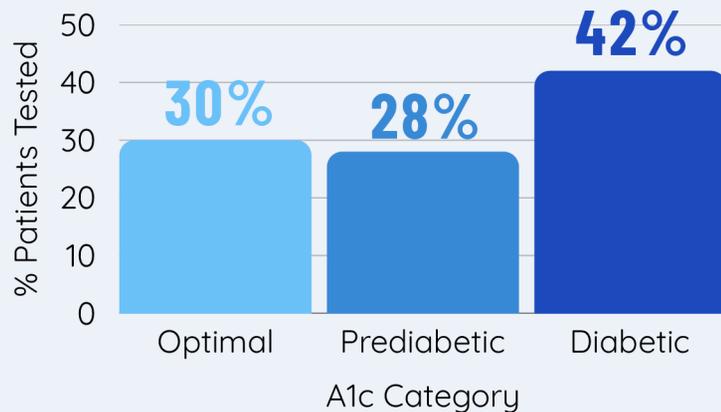**COMMUNITY HEALTH IMPROVEMENT PLAN**

A1C: INDICATOR FOR DIABETES

A1c shows average blood sugar from the previous 2-3 months and can be used to diagnose diabetes. The higher the number, the greater risk of developing complications. Many people who have diabetes or are at risk for developing diabetes have A1c tests done over time to monitor their health[3].

| <5.7% Optimal | 5.7-6.4% Prediabetic | ≥6.5% Diabetic |

A1c by Age Group

Average A1c % by Age Group:

Age Group	Average A1c
20-29	5.9
30-39	6.2
40-49	6.7
50-59	6.9
60-69	6.9
70-79	7.1
80+	7.0

The age group with highest average A1c is age 70-79 years. The lowest average A1c is age 20-29 years and it appears to increase with age[1].

A1c by Category

% Patients Tested by A1c Category:

A1c Category	% Patients Tested
Optimal	30%
Prediabetic	28%
Diabetic	42%

About 30% of patients who had their A1c tested were within the optimal range. Almost half of all tests completed were in the diabetic range[1].

Community Health Assessment (CHA) Data

Health surveys and focus groups provided direct feedback from the Oneida community to better understand health needs[2]. This information shows:

Our Oneida Community:
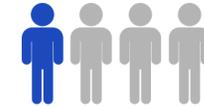
1 in 4 have diabetes[2]

Prevalence of diabetes in Oneida is greater than the Native population and the state of Wisconsin.

American Indian/Alaska Native in Wisconsin:

1 in 5 have diabetes[4]

Wisconsin:

1 in 9 have diabetes[4]