

GMI - glucose management indicator

GMI, or glucose management indicator, is a parameter calculated from the average glucose value from CGM recordings using the formula

$$\text{GMI (\%)} = 3.31 + 0.43 \times [\text{mean glucose in mM/L}].$$

Until 2023 GMI was known as “estimated A1c”. Despite the name change from estimate A1c, GMI is widely used as a rough estimate of A1c. Numerous studies have shown that there is a significant level of discordance between GMI and A1c.

Dr. Ali Alqahtani, BCDiabetes Technology Fellow, presented a paper at UBC’s Annual Research Fest 2024-Sept-20 reviewing GMI discordance in 1041 anonymized subjects from BCDiabetes. [His paper](#) indicated that for A1c values < 6.0 GMI overestimated A1c by 0.6; that GMI was a reliable indicator of A1c in the 6.0-7.9 range, but that for A1C values > 7.9 GMI underestimated A1c by 0.55.

Short URL = <https://bit.ly/A1cvsGMI>