3 metrics to leverage in the AGP REPORT

TIME IN RANGE COALITION

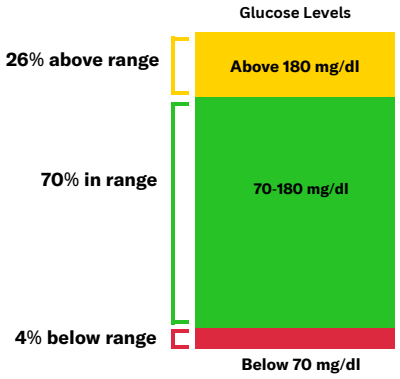
What is the AGP report?

The Ambulatory Glucose Profile (AGP) provides a comprehensive view of glucose patterns over time. This report aggregates CGM data into an easily interpretable 1-page report and offers insights into time spent within target glucose ranges, variability, and trends, enabling healthcare professionals and people with diabetes to identify patterns that may not be visible from daily readings alone—or a 3 month average. Here are 3 of the most valuable insights you can look at 👇

1 Time in range

Time in range allows you to see the totality of a person's diabetes management in one glance. You can see if they're running high or low, and then dive deeper to make needed changes. Utilizing time in range gives you a data-driven starting place, saving time during appointments and helping you and those in your care feel more empowered. ADA guidelines suggest people with diabetes stay in range at least 70% of the time.

For example, when you see someone is "low" a larger percentage of the time, you can make management changes that focus on decreasing hypoglycemia. Learn more about actionable time in range insights at timeinrange.org.

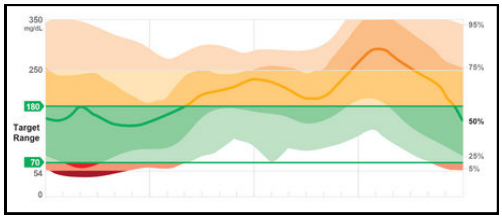


2 AGP Graph

The AGP Graph shows you patterns of hypo- and hyperglycemia, glucose variability, and factors that affect glucose. Reading this graph allows you to pinpoint when low, high, and in-range glucose levels are happening, and make treatment changes based on this data.

For example, if someone has a higher spike than wanted after dinner, you can work to make changes to insulin, exercise, or diet based on this data—everyone's management plan can be individualized based on their needs and what's realistic to them. Learn how to read the graph at agpreport.org.

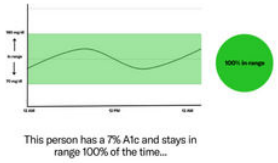
AGP Graph



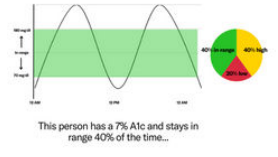
3 Glucose Variability

Glucose variability refers to the fluctuations in blood glucose levels over time. It can be a day, a week, or months! This can be measured through the coefficient of variation (standard deviation/mean glucose), the goal is to be under 36%.

When the shaded areas on the AGP are wider (see graph above), that indicates more variability at that time of day. You can use this knowledge to identify patterns and further understand the true story of glucose levels. If someone is swinging high and low, that helps you make clinical changes to maximize their personalized management plan.



This person has a 7% A1c and stays in range 100% of the time...



This person has a 7% A1c and stays in range 40% of the time...