



Name \_\_\_\_\_ Date \_\_\_\_\_

## Diabetes Center Pre-Test/Post-Test

Directions: Read each question and decide which choice best completes the statement or answers the question. There is only one answer for each question. Indicate your answer by circling the appropriate letter.

1. Risk factors for type 2 diabetes include:
  - a. Eating high-sugar foods and "sweets"
  - b. High levels of physical activity
  - c. A family history of diabetes
  - d. An immune system that is working too hard
  - e. I don't know
  
2. The recommended target range for the A1c should be:
  - a. About 5 – 6%
  - b. About 6 – 7%
  - c. About 7 – 8%
  - d. About 8 – 9%
  - e. I don't know
  
3. When diabetes starts, why do people with type 2 diabetes have high blood glucose levels?
  - a. The pancreas has completely stopped making insulin
  - b. The kidneys are not working properly
  - c. The body cannot use insulin properly or the pancreas does not make enough insulin
  - d. The "sweets" they ate caused diabetes
  - e. I don't know
  
4. A common symptom of diabetes is:
  - a. Weight gain
  - b. Fatigue
  - c. Rash
  - d. Craving for sweets
  - e. I don't know
  
5. The following is true about fat in foods:
  - a. Fat can cause blood glucose to go up
  - b. A high-fat diet can help with weight loss
  - c. Fat should be counted as a carbohydrate choice
  - d. Certain kinds of fat can increase the risk for heart disease
  - e. I don't know

6. Mary had a sandwich with 2 slices of wheat bread, 2 ounces of turkey, and 1 teaspoon of mayonnaise for lunch. She also had a small apple and 1 cup of skim milk. How many carbohydrate grams did Mary have?
  - a. 45
  - b. 60
  - c. 90
  - d. 105
  - e. I don't know
  
7. How does physical activity usually affect blood glucose levels?
  - a. Lowers blood glucose
  - b. Raises blood glucose
  - c. Has little effect on blood glucose
  - d. None of the above
  - e. I don't know
  
8. Creating a Diabetes Success Plan (goal-setting) is a way to help you make positive lifestyle changes. Which plan below is an example of a practical plan?
  - a. If you have never exercised: "I will jog 5 miles, 5 days a week."
  - b. "I will lose 30 pounds in 2 months."
  - c. If you are currently exercising: "I will increase the time I currently exercise by 5 or more minutes each session."
  - d. "I will never forget to take my diabetes medication."
  - e. I don't know
  
9. Symptoms of low blood glucose include:
  - a. Feeling shaky or sweaty
  - b. Dry skin
  - c. Feeling energetic
  - d. Dry mouth
  - e. I don't know



10. A good treatment for hypoglycemia is:
- 1/2 cup orange juice
  - 1 can regular soft drink
  - 1 full size candy bar
  - 1-ounce peanuts
  - I don't know
11. Illness and emotional stress generally cause your blood glucose levels to:
- Increase
  - Decrease
  - Stay the same
  - None of the above
  - I don't know
12. Which of the following is not commonly a complication of diabetes?
- Kidney problems
  - Lung problems
  - Nerve problems
  - Heart problems
  - I don't know
13. Good foot care for people with diabetes includes :
- Aggressively removing corns and calluses
  - Soaking the feet
  - Going barefoot in your house
  - Checking your feet daily
  - I don't know
14. Some diabetes pills:
- Resist the action of insulin
  - Help your body use insulin better
  - Contain insulin
  - None of the above
  - I don't know