St Vincent Diabetes Center
Outpatient Pre/Post test

Name_____ **Date**_____

Pre-test__ Score: -___/___%   **Post-test__ Score: -___/___%**

Instructions: *Please circle* **one** *answer for each question.*

1. Which of the following is a symptom of hypoglycemia (low blood sugar)?
    a. Thirsty
    b. Frequent urination
    c. Shakiness
    d. All of the above
    e. I don't know

2. Insulin helps the body
    a. Lower blood sugar
    b. Raise blood sugar
    c. Keep sugar in the blood
    d. All of the above
    e. I don't know

3. The target range for blood sugar **before meals** for people with diabetes:
    a. Less than 70
    b. Less than 110
    c. Less than 140
    d. Less than 200
    e. I don't know

4. Regular exercise may
    a. Lower blood sugar
    b. Reduce the amount of insulin or diabetes pills needed
    c. Reduce stress
    d. Do all of the above
    e. I don't know

5. For better diabetes control, work up to this amount of aerobic type exercise
    a. 15 minutes 3 days a week
    b. 15 minutes 5 to 7 days a week
    c. 30 minutes 3 days a week
    d. 30 minutes 5 to 7 days a week
    e. I don't know

6. Which statement about oral diabetes medication is **true**?
    a. Diabetes pills are a form of insulin
    b. Should not be taken when you are ill
    c. May be combined with other pills or insulin
    d. All of the above
    e. I don't know

7. Monitoring should be done more often
    a. On sick days
    b. If there is a change in diabetes medicine
    c. If there is a change in meal plan or activity
    d. At all of the above times
    e. I don't know

8. Over time a person with Type 2 diabetes may need to take insulin.
    a. True
    b. False
    c. I don't know

9. For people with diabetes, the desired A1C value is
    a. 6.5% or below
    b. 7-8%
    c. 7.5-8.5%
    d. 8-10%
    e. I don't know

10. Name three parts of your body than can be affected by poorly controlled diabetes:
    a. _____

    b. _____

    c. _____

11. Name the three tools to control diabetes:

    a. _____

    b._____   c._____

12. Meals should generally be eaten
    a. 4 to 6 hours apart
    b. Every 6 hours
    c. 1 to 2 hours apart
    d. Whenever you are hungry
    e. I don't know

13. Name two foods from the **carbohydrate** group:
    a. _____   b._____

14. Name two foods from the **meat** group:
    a. _____   b._____

15. Name 2 foods from the **fat** group:
    a. _____   b._____

16. Which nutrient causes the greatest rise in blood sugar?
    a. Carbohydrate
    b. Protein
    c. Fat
    d. Alcohol
    e. I don't know

17. A "**free**" food
    a. Has no sugar
    b. Has no fat
    c. Has no salt
    d. Has fewer than 20 calories per serving
    e. I don't know

18. A healthy change requires
    a. Willpower
    b. A realistic plan
    c. A lot of time and money
    d. A New Year's resolution
    e. I don't know

19. In order to manage my diabetes I need to
    a. See my MD two times a year
    b. Get an annual dilated eye exam
    c. Check my feet daily
    d. Talk with my family
    e. All of the above

20. Ways to help me make a change to a healthier lifestyle
    a. Ask friends or family for help
    b. Learn about a healthy lifestyle
    c. Set a goal
    d. All of the above
    e. I don't know