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