



Understanding Diabetes Questionnaire

Please circle or check your answers to the following questions.

1. The rise of Type 2 diabetes in the U.S. is linked to the rise in obesity.
 - a. True
 - b. False
2. If diagnosed with pre-diabetes it is almost certain that you will develop diabetes.
 - a. True
 - b. False
3. Lifestyle habits may contribute to the potential likelihood of developing Type 2 diabetes.
 - a. True
 - b. False
4. The American Diabetes Association promotes the ABC method for controlling diabetes.
 - a. True
 - b. False
5. 90% of those with pre-diabetes are unaware that they have the condition.
 - a. True
 - b. False
6. The most common form of diabetes is Type 1 diabetes.
 - a. True
 - b. False
7. A person with diabetes should monitor their blood sugars once a month.
 - a. True
 - b. False
8. Target blood pressure for people with diabetes is generally less than 140/90, although patients should consult their health care provider about the recommended target for them.
 - a. True
 - b. False
9. It is only important to know your total cholesterol blood levels.
 - a. True
 - b. False
10. Improper management of diabetes may lead to health issues such as visual impairment, foot problems, nerve damage, heart and kidney disease.
 - a. True
 - b. False