



# Understanding Diabetes Quiz Answers

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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 diagnosed 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 and heart and kidney disease.  
a. **True**  
b. False