

**Diabetes Empowerment Education Program (DEEP™)
Pre-Test**

Name: _____ **Date:** _____

Please circle the correct answer. Your answers will help us identify additional information we should present during the training to increase knowledge and skills in diabetes education.

1. Diabetes risk factors are conditions that:
 - a. Protect you from diabetes
 - b. Improve the quality of life of people with diabetes
 - c. Increase the chances of developing diabetes
 - d. Don't know

2. Heart disease, loss of vision and kidney failure are related to diabetes because they are...
 - a. Caused by the medications used to treat diabetes
 - b. Complications from uncontrolled diabetes
 - c. Produced by a type of virus
 - d. Don't know

3. Which of the following is important to understand when meal planning?
 - a. Nutrition Label
 - b. Serving Size
 - c. Portion Size
 - d. All of the above

4. A person has controlled their diabetes when their A1C is...?
 - a. 8%>
 - b. <7%
 - c. 7.4% - 7.8%
 - d. Don't know

5. When a person with diabetes has depression, he/she will?
 - a. Be happy, enjoy social events, go to work everyday
 - b. Avoid friends and family, sleep a lot, miss work, be angry about having diabetes
 - c. Benefit by talking with their health team
 - d. B and C

6. Regular physical activity helps to reduce blood glucose levels. What kind of regular physical activity is recommended for people with diabetes?
 - a. Walking at least 30 minutes a day
 - b. Only aerobic exercise is good.
 - c. Lifting heavy weights everyday
 - d. Don't know

7. Which group of foods provides energy and affects your blood glucose readings?
 - a. Fats
 - b. Protein
 - c. Carbohydrates
 - d. All of the above

8. When you read a food label which item(s) guide you on how the food will affect your blood sugar and weight?
 - a. Total calories
 - b. Serving size and total carbohydrates
 - c. Trans fats and sodium
 - d. Don't know

9. It is important to practice daily foot care because...
 - a. You can prevent and detect injuries to your feet
 - b. Then going to the podiatrist is unnecessary
 - c. People receive a governmental allowance for checking their feet
 - d. Don't know

10. The Social Determinants of Health include...
 - a. Access to child care
 - b. Having a luxury car
 - c. Access to grocery stores
 - d. Both A and C

11. A woman has taken pills for diabetes and hypertension for several years. Now, her doctor prescribes insulin. She feels scared to take the insulin because too many people she knows that have started on insulin have died. What should you advise her?
 - a. She should take home remedies that you know about because they have cured diabetes
 - b. She should follow her doctor's recommendations and help her get a referral to see the certified diabetes educator.
 - c. Tell her not to be a baby and take the insulin.
 - d. Don't know

12. Nephropathy is the complication of which organ?
 - a. Kidney
 - b. Heart
 - c. Liver
 - d. Don't know