

# Diabetes Awareness Quiz

*“Diabetes is not just an issue with blood sugar. People with diabetes have higher rates of heart disease and stroke. Diabetes impacts circulation to every organ in your body. It’s the leading cause of blindness as well as kidney disease.”*

**1. True or false? People with a family history of diabetes do not have to worry about a higher risk for the disease?**

- a. True
- b. False

**2. What is one of the greatest risk factors for diabetes:**

- a. Being underweight
- b. Being too active
- c. Being overweight
- d. Working too hard

**3. What is one thing most people can do to increase insulin sensitivity and to help avoid getting diabetes?**

- a. Lose 10% of body weight
- b. Drink more coffee

**4. What is one thing you can do to help lower blood sugar if you eat too much at one meal?**

- a. Go for a walk for 10-15 minutes after your meal
- b. Meditate
- c. Take a nap
- d. Drink some tea

**5. True or False? Regular physical activity is important for people who have prediabetes or diabetes or for those who want to prevent it?**

- a. True
- b. False

**6. Which carbs should you avoid if you want to keep better control of your weight and blood sugar?**

- a. Refined carbs
- b. All carbs
- c. High-fiber carbs

**7. What is one easy way to increase your fiber and selenium content, both of which help you control blood sugar?**

- a. Choose whole grain cereal instead of refined breakfast items like sugary cereals or pastries
- b. Choose brown rice instead of white rice
- c. Try more whole grains like quinoa and faro
- d. They are all great choices

**8. True or false? 25% of persons with prediabetes who do not do any lifestyle changes will end up with diabetes.**

- a. True
- b. False

**9. What is one food group you should concentrate on eating MORE of?**

- a. Meat and other proteins
- b. Dessert
- c. Vegetables

**10. Why is eating more veggies a good idea?**

- a. low in calories
- b. displaces higher calorie foods
- c. vegetables are low in refined carbohydrates
- d. all of the above

## Answers:

- 1. b. false
- 2. c. being overweight
- 3. a. lose 10% of body weight
- 4. a. go for a 10-15 minute walk
- 5. a. true
- 6. a. refined carbs
- 7. d. they are all great choices
- 8. a. true
- 9. c. vegetables
- 10. d. all of the above

## Score:

8-10 answers right: A - you are right on!  
6-8 answers right: B - needs a little work.  
4-5 answers right: C - needs more work.  
1-3 answers right: D - uh oh, try again.