

Diabetes Prevention: From Research to Practice Posttest

1. What test(s) may be used to diagnose diabetes or prediabetes
 - a. Fasting blood glucose test
 - b. Fingerstick test
 - c. HbA1c
 - d. a and c
 - e. All of the above
2. Which is NOT a risk factor for developing diabetes or prediabetes?
 - a. Overweight
 - b. Diet high in sweets
 - c. Parent, sister or brother with diabetes
 - d. High blood pressure
 - e. Active less than 3X a week
3. Which IS TRUE about the Diabetes Prevention Program study?
 - a. It showed that lifestyle works better than medication to prevent diabetes.
 - b. Metformin was most effective in people who were over the age of 65.
 - c. A 2% weight loss and 100 minutes of physical activity each week were the lifestyle treatment goals.
 - d. Metformin didn't work well for people who were obese.
4. Which of the following IS TRUE?
 - a. An oral glucose tolerance test 2 hour plasma glucose of 200 mg/dL to 250 mg/dL is used to diagnose prediabetes.
 - b. Approximately 80 to 90% of the people living with prediabetes don't even know they have it.
 - c. There are no additional health risks for those with prediabetes unless they go on to develop diabetes.
 - d. A fingerstick blood sugar of 100 to 125 mg/dL can be used to diagnose diabetes.
5. Which can be an important factor(s) in assisting with weight loss and the prevention of type 2 diabetes?
 - a. Managing stress
 - b. Getting support
 - c. Being active
 - d. All of the above

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1.

2.

3.

4.

5.

List answers for each question on this form.

Then email to Ann Constance, UPDON Director at updonann@gmail.com

Put in subject line: Diabetes Prevention Posttest

Name:

E-mail address:

Phone number:

Lion Club you belong to (name of club and city):

We will send you a certificate of completion if you get at least 4 out of the 5 questions correct.