

# Diabetes Survey

The survey will ask the participants about diabetes self care, which include dietary habits, exercise, healthcare, and foot care, to assess which of the following diabetes issues are currently a problem for them.

**Instructions:** Please select the option that gives the best answer for you.

**1. In a typical week, how often do you engage in vigorous exercise?**

(Examples: hiking, jogging at 6 mph, shoveling, carrying heavy loads, bicycling fast (14-16 mph), playing basketball, playing soccer, playing tennis, or any activity during which you cannot say more than a few words without taking a breath)

- At least 30 minutes daily 3 or more days a week
- Less than 30 minutes daily less than 3 days a week
- Rarely or none
- Prefer not to say

**2. What would you consider your typical activity level to be?**

- Active (stairs, walks, housework)
- Somewhat active
- Not Active (TV, computer, phone, use lifts)
- Prefer not to say

**3. How often would you say that you engage in daily home exercise? (Examples: stretching, calisthenics, or yoga)**

- Doing daily or almost daily
- Irregular; once or twice a week
- Rarely or none
- Prefer not to say

**4. When reflecting on your typical eating habits, which of the following options best describes how often you consume simple sugars?**

- Rarely eat sweets
- Occasionally eat sweets
- Frequently eat sweets
- Prefer not to say

**5. On a typical day, how often do you consume whole grains? (Examples: include whole wheat, brown bread, or brown rice).**

- Usually eat whole grain
- Rarely eat whole grain
- Usually eat white bread or white rice
- Prefer not to say

**6. When reflecting on your typical eating habits, which of the following best describes your approach to portion control?**

- Eat small portions and avoid second servings
- Occasionally limit portions
- Rarely or none; eat at buffets and restaurants with large portions
- Prefer not to say

**7. On a typical day, how many servings of fruits and vegetables do you consume?**

- 4-5 servings or pieces of fruits and raw vegetables per day
- 1-3 servings or pieces per day
- Rarely or none
- Prefer not to say

**8. How often would you say that you engage in diabetes health education?**

(Examples: consulting with a dietician, attending support groups, reading books on diabetes, using diabetes-focused websites, watching TV shows on health, or using health-focused apps on your phone or tablet)

- Regularly; at least monthly (dietician, support groups, books, websites, apps)
- Occasionally; every 2-3 months
- Rarely or none
- Prefer not to say

**9. How often do you inspect your feet?**

- Daily or weekly
- Monthly
- Rarely or none
- Prefer not to say

**10. Which of the following options best describes you with respect to physician care and medications?**

- 3 or more visits a year to the same doctor. Regular with medicines.
- 1-2 visits a year. Forgetting medicines frequently.
- Rarely or none. Not taking 1 or more recommended medicines
- Prefer not to say