



Participant Survey

Please answer the following questions. Your responses are anonymous.
Thank you!

MARKING INSTRUCTIONS
CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

Lessons 5 & 6: Monitoring Your Body & Complications of Diabetes

1. Did you attend the previous Project DEAP diabetes lessons?

| | <u>Yes</u> | <u>No</u> |
|--|-----------------------|-----------------------|
| Lesson 1: Understanding Diabetes. | <input type="radio"/> | <input type="radio"/> |
| Lesson 2: Controlling Diabetes Through Nutrition | <input type="radio"/> | <input type="radio"/> |
| Lesson 3: Get Up and Move | <input type="radio"/> | <input type="radio"/> |
| Lesson 4: Medication Management | <input type="radio"/> | <input type="radio"/> |

2. Has your doctor told you that you

| | <u>Yes</u> | <u>No</u> |
|-------------------------------------|-----------------------|-----------------------|
| are pre-diabetic? | <input type="radio"/> | <input type="radio"/> |
| are diabetic? | <input type="radio"/> | <input type="radio"/> |
| are overweight? | <input type="radio"/> | <input type="radio"/> |
| have high blood pressure? | <input type="radio"/> | <input type="radio"/> |

3. For each topic listed below, in the left column, fill in your level of understanding **BEFORE** the DEAP Program. Then, in the right column, fill in your level of understanding **AFTER** the DEAP Program.

| YOUR LEVEL OF UNDERSTANDING OF . . . | BEFORE program | | | | AFTER program | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | Poor | Fair | Good | Excellent | Poor | Fair | Good | Excellent |
| The causes, effects, and signs of <u>high</u> blood sugar. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The causes, effects, and signs of <u>low</u> blood sugar. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My response when blood sugar is too high or too low. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| How diabetes can impact parts of the body over time. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Extent of damage to the heart, eyes, feet, and nerves. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The connection between diabetes, heart disease, stroke, and obesity. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



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4. Currently, do you exercise at least 30 minutes most days of the week? Yes No

5. Check actions or changes you will make.

- Have a diabetes disaster kit in the event of an emergency or natural disaster.
- Have health screenings on a regular basis for A1C, blood pressure, blood cholesterol, etc.
- Wear shoes at all times.
- Work with my health care provider to monitor my body for diabetes complications.

OR

- I will not take any action at this time.

6. You are . . . Female Male

7. Your age? 18 - 24 30 - 34 40 - 44 50 - 54 60 - 64 70 - 74
 25 - 29 35 - 39 45 - 49 55 - 59 65 - 69 75+

8. Highest level of education obtained?

- Some high school or less Vocational or technical degree Bachelor degree
- High school graduate or GED Some college Post-graduate degree(s)

9. Racial / Ethnic background?

- African American (non-Hispanic) Hispanic White (non-Hispanic)
- Asian American Native American Other

Thank you!

