



## Participant Survey

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

**MARKING INSTRUCTIONS**  
CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

### Lesson 2: Controlling Diabetes Through Nutrition

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

	<u>Yes</u>	<u>No</u>
Lesson 1: Understanding Diabetes. . . . .	<input type="radio"/>	<input type="radio"/>

2. Has your doctor told you that you . . . . are pre-diabetic? . . . .

	<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 THAT . . .	<b>BEFORE program</b>				<b>AFTER program</b>			
	Poor	Fair	Good	Excellent	Poor	Fair	Good	Excellent
There is a strong relationship between the things I eat and my health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can help control my blood sugar through my diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Portion control is important for healthy weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carbohydrate is a component of our foods that is important to control 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"/>
Reading food labels is important in diabetes management and control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preparing food with less salt, sugar, and fat is better.	<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.

- Read food labels.
- Eat more fruits and vegetables.
- Exercise portion control when dining out and eating at home.

**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!**

