

Questions for People With Diabetes

1. How can blood sugar be controlled?
 - 1a. Are you doing that?
 - 1b. If not, why not? What are the barriers to controlling blood sugar?
2. What are some different ways doctors or nurses or people in the community can help a person with diabetes?
3. What would be the best way to learn about controlling and improving blood sugar levels?
 - 3a. In one on one appointment, group appointment, or classes?
 - 3b. If classes, should these classes be held in a clinic or in the community? What kinds of classes would you like (for instance, lectures, hands on classes like cooking classes, etc.)
 - 3c. If in the community, where (i.e. churches) or characteristics that would help address the community piece?
4. Do you think physical activity is an important part of improving your blood sugar level?
 - 4a. Are you physically active?
 - 4b. If you do not think it is important to be physically active, why not?
 - 4c. What physical activity are you doing?
 - 4d. If you are not physically active, why not?

*Unless noted, order of information has no significance.

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- 4e. What changes in the community, your social group, or your family could be made that would make it easier for you to get more exercise?**
- 4. Do you think nutrition and healthy eating improve your blood sugar level?**
- 5a. Is there anything that keeps you from eating a healthy diet?**
- 5b. What has helped you make changes in your diet?**
- 5c. If you do not try to eat healthier than you did before your diagnosis, why not?**
- 5d. What would be a helpful, convenient way to learn about healthy eating?**
- 5. In your day-to-day efforts to improve your sugar level, is it important to have the support of your family and friends?**
- 6a. What stops or prevents them from getting education about diabetes?**
- 6b. How can the health district best provide education to your family and friends?**
- 6c. Does stress affect the control of your diabetes? What do you do to reduce your stress levels?**
- 6d. Does your diagnosis of diabetes affect others in your family? If so, how?**
- 6e. Can diabetes be prevented in your children or grandchildren? If so, how?**
- 6. Do you have any trouble obtaining your medication, test strips, of clinic appointments?**
- 7a. If yes, what are the problems?**

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- 7b. Who is your primary care provider?**
 - 7c. Can you get an appointment when you are ill?**
 - 7d. Can you easily make appointments for routine diabetes follow-up?**
 - 7e. What would make medical appointment easier for you (evening or weekend hours, walk-in clinics, nursing phone lines, other suggestions)?**
- 7. Is there anything in your culture that encourages or discourages your efforts to control your blood sugar?**
- 8a. Do you know of special herbs or other remedies that are used for diabetes?**
 - 8b. Does faith/prayer play a role in the control of your diabetes?**
- 8. What, in your opinion, is the most important to improving your blood sugar level- physical activity, nutrition, family education, medication, or other factors?**

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