Take Action Program evaluation               Class location ____________

Please check the answer that is best

1. The Take Action, A Diabetes Self-management Program gave me:
   - □ A lot of new information about diabetes
   - □ Some new information about diabetes
   - □ No new information about diabetes

2. The program was
   - □ Too long
   - □ About right
   - □ Need more time

3. The notebook
   - □ Easy to understand
   - □ Had too much information
   - □ Did not have enough information

4. The Diabetic Record
   - □ Is helpful and I will use it
   - □ I will not use it

5. Setting goals and writing action plans
   - □ Helped me to work on changing how I take care of my diabetes
   - □ Was not useful

6. Were the hands on and visual materials helpful
   - □ Yes
   - □ No

Please check all the apply

7. Check the topics of the classes you attended
   - □ What is Diabetes
   - □ Taking Control
   - □ Ready for Change
   - □ Action Plans
   - □ High/Low Blood Sugar
   - □ Complications
   - □ Sick Days
   - □ Nutrition
   - □ Coping with Diabetes
   - □ Stress
   - □ Exercise
   - □ Medication
8. Of the classes you attended check the ones that gave too much information

☐ What is Diabetes ☐ High/Low Blood Sugar ☐ Coping with Diabetes
☐ Taking Control ☐ Complications ☐ Stress
☐ Ready for Change ☐ Sick Days ☐ Exercise
☐ Action Plans ☐ Nutrition ☐ Medication

9. Of the classes you attended check the ones that you would like more information about

☐ What is Diabetes ☐ High/Low Blood Sugar ☐ Coping with Diabetes
☐ Taking Control ☐ Complications ☐ Stress
☐ Ready for Change ☐ Sick Days ☐ Exercise
☐ Action Plans ☐ Nutrition ☐ Medication

10. Have you made changes in how you take care of your diabetes since starting this class?

☐ Yes
☐ No

11. If yes, in what areas have you made changes?

☐ Checking blood sugar ☐ Plan meals
☐ Using the blood sugar to plan for meals and exercise ☐ Use a shopping list
☐ Carrying a quick sugar ☐ Read labels
☐ Know when blood sugar is low ☐ Eat smaller portions
☐ Know what to do for high blood sugar ☐ Eat healthier
☐ Carrying diabetes ID ☐ Eat at least 3 times a day (or smaller amounts more often)
☐ Make an appointment to get screening tests done (A1c, urine, LEAP, eye exam) ☐ Talked to provider about depression
☐ Have a sick day plan ☐ Try new ideas to better cope with stress
☐ Check feet every day ☐ Take medicine as ordered
☐ Exercise
12. Have you taken diabetes classes before?
   □ Yes
   □ No

13. The instructor was well prepared?
   □ Yes
   □ No

What suggestions do you have for changes in the class?

14. Written material:

15. Length of the class: (What information would you take out or add)

16. Other

17. Would you recommend the class to family or friends?