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.
This product was developed by the Galveston:Take Action program at the Galveston County Health District in Texas City, TX with support from the Robert Wood Johnson® in Princeton, NJ.
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?