BUILDING COMMUNITY SUPPORT
FOR DIABETES SELF MANAGEMENT

QUESTIONNAIRE – PATIENT

Date:_____________ Age:_______ Birthdate:_____________ Male or Female

Ethnicity: (please circle one) Hispanic – Mexican Central American South American
                  Haitian    African American        Non-hispanic white    Asian

How long have you had diabetes? ____________

What are you doing to manage your illness?

  ____ Changed eating habits          ____ Regular insulin shots
  ____ Exercise                        ____ Nothing
  ____ Oral Medication                ____ Other (please specify)_______________
  ____ Check fasting blood sugars regularly

Do you take your medicine as prescribed?_______ If no, why not?_________________

Do you prepare your meals based on the diet recommended by your physician or
nutritionist? _________ If not, why not?____________________

In your culture, who is considered beautiful…

  ____ A very thin woman or man      ____ A plump woman or man
  ____ A woman or man with a little meat      ____ A very heavy woman or man
  ____ on their bones

Check all that apply:

  ____ I think that diabetes is a serious illness and will do whatever is necessary to
       manage it.
  ____ Diabetes runs in my family, so there was no way for me to keep from getting it.
  ____ I will die one day, so I should enjoy life and eat what I want.

Is there anything else you know you should be doing, but are not?____  If so, why?

Are you employed?   Full-time   Part-time

Where do you work?__________________  What is your job?____________________

How many days in the past month did you miss work due to diabetes-related
complications?________

Have you ever been fired from a job due to excessive absences because of your diabetes?
  If yes, how many times?______

What would you say, is the most difficult part of managing your diabetes?

What do you think would help you to better manage your diabetes?

Please check all that support you in managing your diabetes: husband/wife  child

  Aunt/uncle  cousin/friend  church/synagogue  neighbor/co-worker