

Stages of Change Questions

1. Physical Activity

Tell me how many times a week you do exercise. (This can include fast walking, bicycling, heavy work... anything that makes your heart go faster and you breathe a little faster.) For how many minutes each time?

Exercising five times a week for about 30 minutes each time is very important to your health and diabetes control.

Do you usually get this much exercise?

NO

- I do not want to do that
- I can't in the next 6 months
- I may in the next 6 months
- I will start in the next 30 days

YES

- I am now (for less than 6 months)
 - I have for more than 6 months
-

2. Taking medications correctly

Tell me how you took your medicines yesterday. Did you take all the pills the doctor has prescribed?

Taking medications correctly, all the time, can prevent complications of diabetes like heart attacks, amputations, and strokes.

Do you intend to start taking all your medications correctly every day?

NO

- I do not want to do that
- I can't in the next 6 months
- I may in the next 6 months
- I will start in the next 30 days

YES

- I am now (for less than 6 months)
 - I have for more than 6 months
-

3. Small Frequent Meals

Tell me the times that you had something to eat yesterday, including meals and snacks.

Spacing your meals so that you have something at least every 3-5 hours is an important way to control your blood sugar. Do you have something to eat every 3-5 hours?

NO

- I do not want to do that
- I can't in the next 6 months
- I may in the next 6 months
- I will start in the next 30 days

YES

- I am now (for less than 6 months)
 - I have for more than 6 months
-

4. Counting carbohydrate servings

Tell me what you ate yesterday in your meals and your snacks. Please tell me about how many carbohydrate servings that was for each meal or snack.

The type of food you eat and the amount you eat, determine how high your blood sugar goes after a meal. Do you limit the amount of high carbohydrate foods you eat in any one meal during the day, in order to keep your blood sugar under control?

NO

- I do not want to do that
- I can't in the next 6 months
- I may in the next 6 months
- I will start in the next 30 days

YES

- I am now (for less than 6 months)
 - I have for more than 6 months
-

5. Five a Day

How many servings of fruits and vegetables do you usually eat each day? A serving of fruit is a small piece, or a cup when cut. A serving of vegetable is half a cup when cooked and a whole cup if it is green leafy vegetables. Do you eat 5 or more servings of fruits and vegetables a day?

NO

- I do not want to do that
- I can't in the next 6 months
- I may in the next 6 months
- I will start in the next 30 days

YES

- I am now (for less than 6 months)
- I have for more than 6 months