Saint Luke’s Health System  
Diabetes Education Assessment  

Score ________/40  
Date: ______________  
Time: ______________

**Please check mark the correct answer(s) -- *More than one may be correct.***

1. What does A1C measure:  
   - [ ] Kidney function  
   - [ ] Cholesterol  
   - [ ] 3 month Average Blood Sugar  
   - [ ] Microalbumin  

2. What are the possible symptoms of low blood sugar:  
   - [ ] Dizzy  
   - [ ] Shaky  
   - [ ] Confused  
   - [ ] Sweaty  
   - [ ] Weak

3. Check all items you could use to treat a low blood sugar:  
   - [ ] Juice  
   - [ ] Glucose Tabs  
   - [ ] Regular soda  
   - [ ] Skim or 1% milk

4. Check all items that would make your blood sugar go up:  
   - [ ] Inactivity  
   - [ ] Stress  
   - [ ] Illness  
   - [ ] Alcohol

5. When you are sick and unable to eat your regular meals, you should:  
   - [ ] Take nothing by mouth  
   - [ ] Quit blood sugar testing  
   - [ ] Try food items from the sick day menu

6. What are the suggested goals for your blood sugar before meals:  
   - [ ] Less than 70  
   - [ ] 70-130  
   - [ ] 120-180  
   - [ ] 150-200

7. Check all the items that keep your feet healthy when you have diabetes:  
   - [ ] Wash feet daily  
   - [ ] Put lotion on feet daily  
   - [ ] Check feet daily  
   - [ ] Call doctor for non-healing sores  
   - [ ] Never walk barefoot

8. Check all the foods that are counted as **carbohydrate foods**:  
   - [ ] Milk  
   - [ ] Bread  
   - [ ] Peas  
   - [ ] Oil  
   - [ ] Fruit  
   - [ ] Sugar-free Cookies  
   - [ ] Cheese  
   - [ ] Cake  
   - [ ] Steak  
   - [ ] Peanut Butter

9. Check the foods that are **“Heart Healthy”**:  
   - [ ] Walnuts  
   - [ ] Butter  
   - [ ] Stick margarine  
   - [ ] Olive oil  
   - [ ] Canola Oil  
   - [ ] Skim milk  
   - [ ] Cheese  
   - [ ] Black Beans  
   - [ ] Rib Eye Steak

Patient Label: