**DPT Capstone Project Post-Test Form**

Student: Joslyn Chavis

1. How does diabetes affect the human body?
2. What is insulin?
3. What are some of the risk factors for developing diabetes?
4. What percentage of Native Americans aged 20 years and older have diabetes?
5. List ways to prevent or manage diabetes.
6. How many minutes of physical activity is recommended per week?
7. What are some ways you can start being physically active?
8. How much water should you drink a day?

What are some reasons that make it difficult for you to make healthy life style changes or seek medical help for diabetes?