**DPT Capstone Project Pre-Test Form**

Student: Joslyn Chavis

1. How does diabetes affect the human body?

**1st patient**: cannot make our insulin, vision, heart, circulation

**2nd patient**: kidneys, blood pressure, heart

1. What is insulin?

**1st patient**: product to convert sugar to healthy substance

**2nd patient**: liquid that regulates sugar levels

1. What are some of the risk factors for developing diabetes?

**1st patient**: blindness, circulation

**2nd patient**: kidney failure

1. What percentage of Native Americans aged 20 years and older have diabetes?

**1st patient**: 30

**2nd patient**:

1. List ways to prevent or manage diabetes.

**1st patient**: diet, exercise, manage food intake (carbs)

**2nd patient**: diet and exercise

1. How many minutes of physical activity is recommended per week?

**1st patient**: 30 min. for at least 3 days per week

**2nd patient**: 5 hours

1. What are some ways you can start being physically active?

**1st patient**: going to gym, home workout/aerobics, walking

**2nd patient**: walking

1. How much water should you drink a day?

**1st patient**: 8-10 (8 oz glasses)

**2nd patient**: 8 glasses

**DPT Capstone Project Post-Test Form**

Student: Joslyn Chavis

1. How does diabetes affect the human body?

**1st patient**: blindness, foot ulcers, no energy, heart/stroke

**2nd patient**: kidney, fatigue

1. What is insulin?

**1st patient**: enzyme that regulates the amount of sugar used in our bodies, how sugar is stored, etc

**2nd patient**: a hormone to get glucose into the cells of the body

1. What are some of the risk factors for developing diabetes?

**1st patient**: obesity, high sugar diet, lack of exercise

**2nd patient**: obesity, diet, hereditary

1. What percentage of Native Americans aged 20 years and older have diabetes?

**1st patient**: 3%

**2nd patient**: 16% up to 30%to 50%

1. List ways to prevent or manage diabetes.

**1st patient**: healthy diet, exercise, lose weight

**2nd patient**: diet and exercise, healthy foods (fruits and vegetables)

1. How many minutes of physical activity is recommended per week?

**1st patient**: 30 min. 5x week

**2nd patient**: 30 minutes per day

1. What are some ways you can start being physically active?

**1st patient**: exercise, walk, going to gym(fitness center)

**2nd patient**: walking, jogging

1. How much water should you drink a day?

**1st patient**: 3-4 btls.

**2nd patient**: 8 glasses per day

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

**1st patient**: funds/money, motivation, no insurance for some folks

**2nd patient**: As a 58 year old person it is hard to change eating habits by starting to eat healthy foods. Another change is money or financial resources.