

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