

How to Live Diabetes Free – Quiz Questions

1. Diabetes is all about high levels of blood sugar to the point where it creates health problems. T F
2. The normal blood sugar range is 70 - 99 mg/dl. The prediabetes blood sugar range is 100 - 125 mg/dl. The diabetes blood sugar range is ≥ 130 mg/dl. T F
3. The HgA1c levels are as follows: Optimal is under 5 (97 mg/dl), prediabetes is 5.7-6.4 and diabetes is 6.5 (140 mg/dl) or higher. T F
4. A 1% decrease in HgA1c can lower the risks of nerve damage, kidney disease and vision complications in diabetic patients by 37%. T F
5. Type II Diabetes is an insulin blockage problem, not an insulin shortage problem. T F
6. The key factors that separated the Pima Indians in Mexico who have very low rates of diabetes from their genetic cousins living in Arizona who have high rates of diabetes include a low-fat high fiber diet (>50grams/day), low levels of obesity and lots of weekly exercise (22hours/week). T F
7. Consuming 60 or more grams of fiber per day is associated with the lowest risk of becoming diabetic, based on the graphs in the course handout. T F
8. The best beans for lowering blood sugar, based on research are chickpeas, pinto beans and black beans. T F
9. In a 22-week study that compared a vegan diet to the ADA Diabetic Diet, the study participants who consumed the ADA Diet were more satisfied with their eating plan and lost more weight when compared to the study participants on the whole plant food diet. T F
10. In one live-in lifestyle change programme after 21 days, 50% of the Type II Diabetics were off all medications and insulin, and their blood sugar levels were in the normal range. T F
11. A diet low in saturated fat and high in fiber rich whole plant foods improves cell membrane function, thus increasing insulin sensitivity, which in turn increases blood sugar levels. T F
12. Regular exercise can prevent 30-50% of all new cases of diabetes. T F
13. Interval training is not more potent at enhancing weight loss than exercising at one level of intensity for the entire exercise session. T F
14. In one study, for each additional aerobic exercise session per week, HbA_{1c} levels decreased by 0.39%. T F
15. Heat therapy (e.g., sauna and a hot tub) reduces the levels of blood sugar, HgA_{1c}, body weight and body fat. T F
16. Increased bright sunlight exposure may be associated with a reduced risk for Type II Diabetes and Coronary Heart Disease because it lowers both blood insulin and blood lipid levels. T F
17. Sleep deprivation is associated with higher baseline insulin and glucose levels and decreased insulin resistance. T F
18. Stress triggers activation of the sympathetic nervous system and cortisol release, which elevates blood sugar levels leading to insulin resistance. T F
19. Short (<7 hours) and long (9> hours) time periods of sleep, as well as poor quality of sleep are associated with increased levels of HgA_{1c}. T F
20. Deep breathing exercise cannot prevent and/or reverse the release of stress brain chemicals that elevate blood sugar levels and increase insulin resistance. T F