

Diabetes Numeracy Test

☐ Diabetes Numeracy Test Not Completed [DiabNumTestNotDone](#)

TEST COMPLETION DATE

1. Date test completed: : __/__/____

DIABETES NUMERACY TEST

1. If you ate the entire bag of chips, how many total grams of carbohydrate would you eat? [BagChipTotCarbs](#)

_____ total grams

2. 1/2 cup of potatoes counts as 1 carbohydrate choice. How many choices does 2 cups of potatoes count as? [PotCarbChoices](#)

_____ choices

3. You ate 1 and 1/2 cups from the food labeled below. How many grams of carbohydrate did you eat? [FoodLabelTotCarbs](#)

_____ grams

4. You have to eat 6 grams of carbohydrate for each 30 minutes you plan to walk. You are planning to walk for one hour. You have a bag with 12 crackers. Each cracker contains 10 grams of carbohydrate. How many crackers do you need to eat before your walk? [CrackBeforeWalk](#)

_____ crackers

5. Your target blood sugar is between 60 and 120. Please circle the values below that are in the target range (check all that the participant circled):

- ☐ 55 [InTarget55](#)
☐ 145 [InTarget145](#)
☐ 118 [InTarget118](#)

6. You test your blood sugar 4 times a day. How many strips do you need to

take with you on a 2-week vacation? [StripsNeedVaca](#)

_____ strips

7. You test your blood sugar 3 times a day. You purchase a prescription of 50 strips on March 5th. Of the dates below, by when will you need to buy new strips? [DateBuyNewStrips](#)

☐ March 21st

☐ April 21st

☐ May 21st

☐ June 21st

8. You have a prescription for metformin extended release 500 mg tablets. The label says, "Take 1 tablet with supper each night for the first week. Then, increase by 1 tablet each week for a total of 4 tablets daily with supper."

How many tablets should you take with supper each night the second week?

[MetTabsSecWk](#)

_____ tablets

9. Your insulin dose is increased to 54 units and you begin using a larger syringe that holds 100 units. On the syringe below, circle the line/marking that shows you have drawn 54 units. [SyrDrawCorrect](#)

Please indicate whether the participant correctly answered this question.

☐ Yes

☐ No

10. Please round down to the nearest whole number.

You are given the following instructions: "Take 1 unit of insulin for every 7 grams of carbohydrate you eat." How much insulin do you take when you eat

98 grams at supper? [EatSupInsUnits](#)

_____ units

11. You are told to follow the sliding scale shown here. The sliding scale indicates the amount of insulin you take based upon your blood sugar levels. How much insulin would you take for a blood sugar of 295? [InsUnitsSlidScale](#)

_____ units

12. Your blood sugar is 284 and you ate 40 grams of carbohydrate at breakfast. How much total insulin do you need to take? [InsUnitsBrkfst](#)

_____ units

13. Your blood sugar is 380 and you will eat 60 grams of carbohydrate at supper. How much total insulin do you need to take? [InsUnitsSup](#)

_____ units

14. Morning of day 1, your blood sugar is 164. How much insulin will you take that night? [InsUnitsNight1](#)

_____ units

15. Morning of day 2, your blood sugar is 136. How much insulin will you take that night? [InsUnitsNight2](#)

_____ units