Chapter 2: Lifestyle management for people with diabetes

Test your knowledge

1. In the ‘healthy plate’ T-shape model which supports weight loss, approximately what proportion of the plate should be vegetables?
   1. 15%
   2. 25%
   3. 33%
   4. **50% (correct)**
   5. 75%
2. Which of the following food groups has the most significant impact on blood glucose levels?
   1. Fats
   2. **Carbohydrates (correct)**
   3. Protein
   4. Dairy
   5. Vegetables
3. Individuals with type 2 diabetes should have small, achievable and personalised goals. Which of the following would be considered a suitable goal for an individual who currently has obesity, is physically inactive and does not have a healthy diet?
   1. Moderate exercise (e.g. jogging) for 45─60 minutes per day
   2. Aiming for <25g carbohydrates per day
   3. **Gentle exercise (e.g. walking) starting with 15 minutes per day, gradually increasing when comfortable (correct)**
   4. Skipping breakfast to achieve greater weight loss
   5. Aiming for 75% of each meal to be vegetables
4. Choose the correct answer to fill in the gap: According to current estimates, regular exercise is associated with \_\_\_ mmol/l (\_\_\_ mg/dl) reduction in fasting plasma glucose.
5. 0.5 mmol/l (9 mg/dl)
6. 0.8 mmol/l (14.4 mg/dl)
7. 1.1 mmol/l (19.8 mg/dl)
8. **1.25 mmol/l (22.5 mg/dl) (correct)**
9. 1.95 mmol/l (35.1 mg/dl)
10. Which of the following diabetes medications is NOT associated with weight gain?
    1. Gliclazide
    2. Glibenclamide
    3. Insulin
    4. Thiazolidinediones
    5. **Metformin (correct)**

SUMMARY RESULTS

Score: X/5

In this module, we covered why and how to support people with type 2 diabetes in making sustainable lifestyle interventions and achieving their goals.

1. CORRECT/INCORRECT

The T-shape is a model that can be used to build a healthy plate for an individual working towards a weight loss goal. Vegetables should take up approximately 50% of each plate or meal with this model.

1. CORRECT/INCORRECT

The food group known to have the most significant impact on blood glucose levels is carbohydrates. Some vegetables are high in carbohydrates and may affect blood glucose, but fats, protein and dairy are unlikely to significantly affect blood glucose levels.

1. CORRECT/INCORRECT

Lifestyle goals should be tailored to the individual including considering current lifestyle habits. A goal of 45–60 minutes of moderate exercise daily is likely too ambitious and unsustainable for an individual who is currently not physically active.

1. CORRECT/INCORRECT

Data suggest that regular exercise is associated with a 1.25 mmol/l (22.5 mg/dl) reduction in fasting plasma glucose.

1. CORRECT/INCORRECT

Many diabetes medications are associated with weight gain. However, metformin is typically weight neutral, with some individuals experiencing slight weight loss. Gliclazide, glibenclamide, insulin and thiazolidinediones are associated with varying levels of weight gain.