

Objectives:

- Create an HTML Document
- HTML for Document Formatting
- Work with Block-Level Elements
- Create Paragraphs
- Work with Special Characters
- Work with Hypertext
- Work with Images
- Work with Lists

Files:

- text.docx
- d_index.html
- d_info.html
- d_faq.html
- diabetes.png
- track.png
- d_base.css
- d_layout.css
- d_layout2.css
- d_layout3.css

Tools

- Visual Studio Code
- Web Browser (Chrome, Firefox, or Safari)

CPSC 217 - Structured and Dynamic Web Programming

Follow These Steps for Assignment 01:

1. Start Visual Studio Code, and open d_index.html (1 point)
2. Add a comment with your *firstname lastname* (1 point)
3. Make sure to include a document declaration of type HTML (1 point)
4. Within the d_index.html head, add the following metadata (3 points)
 - a. Set the character encoding of the file to utf-8
 - b. Insert the search keywords: diabetes, type1, type2, prediabetes
5. Within the d_index.html head, set the title of the document to “Diabetes” (1 point)
6. Within d_index.html head, link the document to the d_base.css and d_layout1.css style sheet files using the following code

```
<link href="d_base.css" rel="stylesheet" />
<link href="d_layout1.css" rel="stylesheet" />
```

7. Within the document body, insert a header element, two section elements, and a footer element (4 point)
8. Within the header element, insert a navigation list containing an unordered list with the items: Home, More Info, and FAQ. Link the items to the d_index.html, d_info.html, and d_faq.html files respectively (4 point)
9. Within the first section element (3 points)
 - a) Format the text “Warning signs of diabetes” as heading level 1.
 - b) Format the text “Diabetes signs of of diabetes are:” as a paragraph
 - c) Format the text “Extreme thirst”, “Dry mouth”, ... “Yeast infection” as an unordered list
10. Within the second section element (12 points)
 - a. Add a header element. Inside this header element, add the image diabetes.png with the alternative text “Diabetes”. Also, format the text “The path ... starts here” as heading level 1
 - b. Format the text “Understanding type 1” as heading level 2
 - c. Format the text “Here’s what ... to thrive” as a paragraph
 - d. Format the text “In type 1 diabetes ... healthy lives” as a paragraph
 - e. Format the text “Remember: this ... out to do” as a paragraph
 - f. Format the text “Understanding type 2” as heading level 2
 - g. Format the text “Type 2 diabetes ... you fight” as a paragraph
 - h. Format the text “A key part ... for you” as a paragraph
 - i. Format the text “Understanding prediabetes” as heading level 2
 - j. Format the text “When it comes ... complications” as a paragraph

CPSC 217 - Structured and Dynamic Web Programming

- k. Format the text “Regardless, check ... get tested” as a paragraph
- 11. Within the footer element, insert the following text: American Diabetes Association ♥ Arlington County, VA 20330. (*1 point*)
 - a. Use the following `♥` to insert the heart symbol
- 12. Save the file. Load the Webpage in the browser and make sure it looks like the figure.
- 13. Start Visual Studio Code, and open d_info.html (*1 point*)
- 14. Add a comment with your *firstname lastname* (*1 point*)
- 15. Make sure to include a document declaration of type HTML (*1 point*)
- 16. Within the d_info.html head, add the following metadata (*1 points*)
 - a. Set the character encoding of the file to utf-8
- 17. Within the d_info.html head, set the title of the document to “More Information“ (*1 point*)
- 18. Within the d_info.html head, link the document to the d_base.css and d_layout2.css style sheet files using the following code

```
<link href="d_base.css" rel="stylesheet" />
<link href="d_layout2.css" rel="stylesheet" />
```

- 19. Within the document body, insert a header element, one section elements, and a footer element (*1 point*)
- 20. Within the header element, insert a navigation list containing an unordered list with the items: Home, More Info, and FAQ. Link the items to the d_index.html, d_info.html, and d_faq.html files respectively (*1 point*) (Hint: you can simply copy the same code from d_index.html)
- 21. Within the section element (*17 points*)
 - a. Add a header element. Inside this header element, add the image track.png with the alternative text “Diabetes Track”. Also, format the text “More Information About Diabetes” as heading level 1
 - b. Format the text “Signs and symptoms” as heading level 2
 - c. Format the text “The classic ... tiredness” as a paragraph
 - d. Format the text “Several other ... dermadromes” as a paragraph
 - e. Format the text “Diabetic emergencies” as heading level 2
 - f. Format the text “People (usually ... consciousness” as a paragraph
 - g. Format the text “A rare ... dehydration” as a paragraph
 - h. Format the text “Treatment-related ... glucagon” as a paragraph
 - i.
 - j. Format the text “Exercise and diet tips” as heading level 2
 - k. Format the text “If a doctor ...health” as a paragraph

CPSC 217 - Structured and Dynamic Web Programming

- l. Format the text “A doctor ... condition” as a paragraph
 - m. Format the text “Steps a person ... include:” as a paragraph
 - n. Format the text “Eating a diet ...”, “Avoiding high-sugar ...”, “Refraining from ...”, “Engaging in at ...”, and “Recognizing signs of ...” as an unordered list
 - o. Format the text “People can also ... or swimming” as a paragraph
 - p. Format the text “Slow, steady weight ... sweating” as a paragraph
22. Within the footer element, insert the following text: American Diabetes Association ♥ Arlington County, VA 20330 (*1 point*)
- a. Use the following `♥` to insert the heart symbol
23. Save the file. Load the Webpage in the browser and make sure it looks like the figure.
24. Start Visual Studio Code, and open d_faq.html (*1 point*)
25. Add a comment with your *firstname lastname* (*1 point*)
26. Make sure to include a document declaration of type HTML (*1 point*)
27. Within the d_faq.html head, add the following metadata (*1 points*)
- a. Set the character encoding of the file to utf-8
 - b. Insert the search keywords: diabetes, type1, type2, prediabetes
28. Within the d_faq.html head, set the title of the document to “Diabetes FAQ” (*1 point*)
29. Within d_faq.html head, link the document to the d_base.css and d_layout3.css style sheet files using the following code
- ```
<link href="d_base.css" rel="stylesheet" />
<link href="d_layout3.css" rel="stylesheet" />
```
30. Within the document body, insert a header element, one section elements, and a footer element (*1 point*)
31. Within the header element, insert a navigation list containing an unordered list with the items: Home, More Info, and FAQ. Link the items to the d\_index.html, d\_info.html, and d\_faq.html files respectively (*1 point*) (Hint: you can simply copy the same code from d\_index.html)
32. Within the section element (*10 points*)
- a. Insert a header element with the id attribute `pagetop`. Inside the header element, insert the image track.png with the alternate “Diabetes Track” followed by the text “Frequently Asked Questions” as heading level 2
  - b. Format the list of questions as an ordered list.
  - c. Notice that below the ordered list you just created, the questions are repeated, and each question is followed by its answer. Mark the text of those questions as heading level 2 and

## CPSC 217 - Structured and Dynamic Web Programming

the answer as a paragraph. Add an id attribute to each of the 13 h2 headings with the first heading given the id `faq1`, the second heading `faq2`, and so forth down to `faq12` for the last h2 heading.

- d. After the last answer, insert a paragraph with the text “Return to the top” and mark the text as a hypertext link pointing to the header element with the id `pagetop`.
  - e. Return to the ordered list at the top of the section that you created in Step 34. Change each item in the ordered list to a hypertext link pointing to the h2 heading containing the question’s answer that you created in Step 35. For example, the first question “What are the risk factors for developing diabetes?” should be linked to the h2 heading with the `faq1` id.
33. Within the footer element, insert the following text: American Diabetes Association ♥ Arlington County, VA 20330 (*1 point*)
- a. Use the following `&#9829;` to insert the heart symbol
34. Save your changes to the file and then open `d_faq.html` in your browser. Verify that by clicking a question within the ordered list, the browser jumps to that question’s answer. Further, verify that clicking the Return to the Top link at the bottom of the page causes the browser to return to the top of the page

## Final Solution (d\_index.html)

Diabetes

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Flash Player will no longer be supported after December 2020. Turn off

Learn more


FAQMore infoHome

### Warning signs of diabetes

Diabetes symptoms may occur over time or they may appear quickly. The various types of diabetes may have similar or different warning signs. Some general warning signs of diabetes are:

- Extreme thirst
- Dry Mouth
- Frequent urination
- Hunger
- Fatigue
- Irritable behaviour
- Blurred vision
- Wounds that do not heal quickly
- Skin that itches or is dry
- Yeast infection

# DIABETES



## The path to understanding diabetes starts here

### Understanding type 1

Here's what you need to know about type 1 diabetes. 1.25 million Americans have it and 40,000 people will be diagnosed with it this year. Type 1 diabetes occurs at every age, in people of every race, and of every shape and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

### Understanding type 2

Type 2 diabetes is the most common form of diabetes and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and tools, resources, and support to help you fight.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you.

### Understanding prediabetes

When it comes to prediabetes, there are no clear symptoms—so you may have it and not know it. Here's why that's important: before people develop type 2 diabetes, they almost always have prediabetes blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. You may have some of the symptoms of diabetes or even some of the complications.

Regardless, check with your doctor and get tested. If you discover that you do have prediabetes, remember that it doesn't mean you'll develop type 2, particularly if you follow a treatment plan and a diet and exercise routine. Even small changes can have a huge impact on managing this disease or preventing it all together—so get to a doctor today and get tested.

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## Final Solution (d\_info.html)

More Information

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FAQ | More Info | Home


Page last updated: Thursday, August 29, 2019

## More Information About Diabetes

### Signs and symptoms

The classic symptoms of untreated diabetes are unintended weight loss, polyuria (increased urination), polydipsia (increased thirst), and polyphagia (increased hunger). Symptoms may develop rapidly (weeks or months) in type 1 diabetes, while they usually develop much more slowly and may be subtle or absent in type 2 diabetes. Other symptoms of diabetes include weight loss and tiredness.

Several other signs and symptoms can mark the onset of diabetes although they are not specific to the disease. In addition to the known ones above, they include blurred vision, headache, fatigue, slow healing of cuts, and itchy skin. Prolonged high blood glucose can cause glucose absorption in the lens of the eye, which leads to changes in its shape, resulting in vision changes. Long-term vision loss can also be caused by diabetic retinopathy. A number of skin rashes that can occur in diabetes are collectively known as diabetic dermadromes.



### Diabetic emergencies

People (usually with type 1 diabetes) may also experience episodes of diabetic ketoacidosis (DKA), a metabolic disturbance characterized by nausea, vomiting and abdominal pain, the smell of acetone on the breath, deep breathing known as Kussmaul breathing, and in severe cases a decreased level of consciousness.

A rare but equally severe possibility is hyperosmolar hyperglycemic state (HHS), which is more common in type 2 diabetes and is mainly the result of dehydration.

Treatment-related low blood sugar (hypoglycemia) is common in people with type 1 and also type 2 diabetes depending on the medication being used. Most cases are mild and are not considered medical emergencies. Effects can range from feelings of unease, sweating, trembling, and increased appetite in mild cases to more serious effects such as confusion, changes in behavior such as aggressiveness, seizures, unconsciousness, and (rarely) permanent brain damage or death in severe cases. Rapid breathing and sweating, cold, pale skin are characteristic of low blood sugar but not definitive. Mild to moderate cases are self-treated by eating or drinking something high in sugar. Severe cases can lead to unconsciousness and must be treated with intravenous glucose or injections with glucagon.

### Exercise and diet tips

If a doctor diagnoses a person with type 2 diabetes, they will often recommend making lifestyle changes to support weight loss and overall health.

A doctor may refer a person with diabetes or prediabetes to a nutritionist. A specialist can help a person with diabetes lead an active, balanced lifestyle and manage the condition.

Steps a person can take to embrace a lifestyle with diabetes include:

- Eating a diet high in fresh, nutritious foods, including whole grains, fruits, vegetables, lean proteins, low-fat dairy, and healthy fat sources, such as nuts.
- Avoiding high-sugar foods that provide empty calories, or calories that do not have other nutritional benefits, such as sweetened sodas, fried foods, and high-sugar desserts.
- Refraining from drinking excessive amounts of alcohol or keeping intake to less than one drink a day for women or two drinks a day for men.
- Engaging in at least 30 minutes exercise a day on at least 5 days of the week, such as of walking, aerobics, riding a bike, or swimming.
- Recognizing signs of low blood sugar when exercising, including dizziness, confusion, weakness, and profuse sweating.

People can also take steps to reduce their body mass index (BMI), which can help some people with type 2 diabetes manage the condition without medication.

Slow, steady weight loss goals are more likely to help a person retain long-term benefits.

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## Final Solution (d\_faqs.html)


Diabetes FAQ

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FAQ Move Info Home

### Frequently Asked Questions

1. [What are the risk factors for developing diabetes?](#)
2. [What is hemoglobin A1c?](#)
3. [Why do I have to check my feet every day?](#)
4. [What foods should I avoid to help control my diabetes?](#)
5. [How much salt or sodium can I have if I am also taking blood pressure medication?](#)
6. [What should I check on food labels - sugar or total carbohydrates?](#)
7. [What is the recommended daily amount of fiber I should eat?](#)
8. [Can I reuse the lancets and syringes I use for insulin injections?](#)
9. [What should my blood sugar level be?](#)
10. [How do I care for my eyes?](#)
11. [What are the symptoms of high blood sugar?](#)
12. [What are the symptoms of low blood sugar?](#)



If you have diabetes, keep your health on...  
T B A C K  
You get a diabetes care team to help you stay healthy.  
www.adapathcare.com

#### What are the risk factors for developing diabetes?

While the exact cause of diabetes is not yet known, Americans' inactive lifestyle and regular diet of fats, salt and sugar account for a large portion of the worrisome rise in the number of diabetic patients. Persons at risk also include those over age 45, overweight individuals and certain ethnic groups (African American, Latino and Native American).

#### What is hemoglobin A1c?

This is a blood test. A hemoglobin A1c percentage is important because it is the main way to know how well patients are controlling their diabetes over time. Based on blood tests taken over a period of two or three months, doctors can estimate patients' average blood sugar levels. The goal for most diabetics is an A1c of less than 7%. This is roughly equivalent to an average blood sugar level of about 150 mg/dl. An A1c of 9% indicates an average blood sugar level of about 210 mg/dl.

#### Why do I have to check my feet every day?

Diabetes often causes poor circulation and damaged in the legs and feet. This is one reason people with diabetes must take special care of their feet. Diabetics are likely to have foot problems, such as fungus, ingrown toenails, infections, bunions and ulcers. Most foot amputations can be prevented with good foot care. Note any changes in your feet, such as cuts, scratches, red areas, corns, cracks, itching or other abnormalities. Any changes should be reported to the podiatrist. To smooth down calluses, use a pumice stone when bathing, and never cut calluses off. Trim or file toenails straight across to reduce the chance of ingrown nails. Make sure shoes fit properly. Pressure from ill-fitting shoes can cause sore areas and lead to ulcers and infections. Lotion can be used around feet but not in between the toes. Moisture can lead to infections. Keep your feet clean and dry; once a day, wash your feet with mild soap and water. See a podiatrist regularly.

#### What foods should I avoid to help control my diabetes?

Foods with higher amounts of simple "added" sugars should be avoided, such as fruit juice, regular soda, sport drinks, all other caloric liquids, and candies. With diabetes, it's important to save sweets and desserts for special occasions. But with a little planning, you can still enjoy a small portion of your favorite treat once in a while. Speak with a Registered Dietitian to see how you can incorporate these treats into your meal plan.

#### How much salt or sodium can I have if I am also taking blood pressure medication?

Patients who have diabetes, high blood pressure and take blood pressure medication should limit sodium intake to 1500mg a day. Most sodium in the American diet comes from processed or prepared foods, not from the kitchen table salt shaker. Foods that have 400 mg per serving are considered high sodium foods. It's no secret that most Americans are consuming too much sodium. The average American takes in about 3,400 mg of sodium per day. Yet the American Diabetes Association guidelines recommend that people with diabetes have 2,300 mg or less per day. One teaspoon of salt contains about 2,300 mg of sodium.

#### What should I check on food labels - sugar or total carbohydrates?

Check the Total Carbohydrates. Total carbohydrates include sugar, starches and dietary fiber. The total amount of carbohydrates is what affects blood glucose levels—not just sugar. 15 grams of carbohydrates = 1 serving. The more fiber the product has, the more satisfied you will feel and glucoses will not increase as high after meals. Add more vegetables and whole grain foods to your eating plan.

#### What is the recommended daily amount of fiber I should eat?

The recommended amount of fiber is 25 to 30 grams per day. Check for fiber on food labels to help reach this number. Some examples of high fiber foods are fruits, vegetables, legumes and whole grains. Fiber is not completely digested and absorbed in the intestinal system, and it is unavailable as blood sugar. Therefore, a high-fiber meal does not provide as much available carbohydrates as a similar-content low fiber meal. To avoid constipation, increase water intake as more fiber is added to the diet.

#### Can I reuse the lancets and syringes I use for insulin injections?

We recommend using new lancets and syringes for each injection. Patients run the risk of insulin contamination and infection if the needle is used more than once. Every syringe and lancet should be discarded after use.

#### What should my blood sugar level be?

The American Diabetes Association recommends the following for adults:

- Fasting blood glucose 70-130mg/dl
- 2 hour after start of meals <180 mg/dl
- Pre meal glucose: <140 mg/dl

However: Blood glucose goals are individualized based on the durations of diabetes, age/life expectancy, co-morbid conditions, known cardiovascular disease or advance microvascular complication, hypoglycemia unawareness, and individual patient considerations. More or less stringent glucose goals may be appropriate for individual patients.

#### How do I care for my eyes?

Visit the ophthalmologist once a year. For patients with retinopathy, an ophthalmologist should be seen on a routine basis.

#### What are the symptoms of high blood sugar?

Signs include extreme thirst, frequent urination, dry skin, hunger, blurred vision, drowsiness and nausea.

#### What are the symptoms of low blood sugar?

Signs include shaking, fast heartbeat, sweating, anxiety, dizziness, hunger, impaired vision, weakness/fatigue, headache and irritability.

[Return to the Top](#)

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