

The Current State of Diabetes – What Mental Health and Dietary Professionals Need to Know About the Latest on Treatments, Research, and Co-Occurring Illnesses

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

1. Insulin was discovered:
 - a. 225 years ago
 - b. 150 years ago
 - c. 100 years ago
 - d. 12 years ago
2. What year did the first commercial insulin pump debut?
 - a. 1978
 - b. 1985
 - c. 2000
 - d. 1950
3. If someone has type 1 diabetes, their treatment is:
 - a. Increased physical activity and Mediterranean diet
 - b. Eating lower glycemic index foods
 - c. Monitoring glucose numbers and taking insulin
 - d. Counting fat grams
4. Gestational diabetes can be diagnosed:
 - a. Before someone gets pregnant
 - b. During someone's pregnancy
 - c. After delivering newborn
 - d. Never
5. The most common type of diabetes in America:
 - a. Type 1 diabetes
 - b. Type 2 diabetes
 - c. Gestational Diabetes
 - d. Type 3 diabetes
6. Highest prevalence of diagnosed diabetes:
 - a. American Indian and Alaska Native
 - b. Non-Hispanic black adults
 - c. White adults
 - d. Non-Hispanic Asian adults
7. What is the trend for overall incidences of type 1 diabetes?
 - a. Increased
 - b. Stayed the same
 - c. Decreased
 - d. Type 1 diabetes no longer exists

8. What population had higher use of diabetes technologies and out-of-pocket expenses?
 - a. Adults
 - b. Children
 - c. Senior citizens over 80 years old
 - d. No difference
9. What percent of people who use insulin report rationing?
 - a. 0.1%
 - b. 5.4%
 - c. 10%
 - d. 16.5%
10. A healthy pregnancy while living with diabetes is a result of:
 - a. A person who works hard to ensure they have perfect blood sugars
 - b. Access to affordable healthcare and treatments
 - c. Having an average blood sugar of 200
 - d. Having an average blood sugar of 10