Quiz

Instructions: Answer each question.

1. In type 1 diabetes, the pancreas can’t make insulin because:
   a. the person is overweight or obese
   b. the body’s immune system has attacked the pancreas
   c. the person eats more simple carbs than the body can handle
   d. all of the above

2. When a person has type 1 diabetes:
   a. there’s not enough insulin to move glucose from the blood to the cells
   b. there’s too much insulin and not enough glucose
   c. the body has too much glucose
   d. insulin levels drop if the person doesn’t eat enough

3. Once a person has type 1 diabetes:
   a. they need a new pancreas
   b. the pancreas makes too much insulin
   c. they need to eat right to keep their pancreas functioning properly
   d. the pancreas can never make insulin again

4. People with type 1 diabetes need to:
   a. lose weight
   b. take insulin in shots or with a pump
   c. remove sugar from their diets
   d. take insulin pills

5. With type 2 diabetes:
   a. the body does not produce insulin
   b. the body doesn’t respond normally to the insulin it makes
   c. blood sugar is always too low
   d. there is not enough glucose in the body

6. When glucose is less able to enter the cells and supply energy, it’s called:
   a. glucose resistance
   b. glucose overload
   c. insulin resistance
   d. insulin overload

7. True or false: People can sometimes prevent type 1 diabetes.  T  F

8. True or false: People can sometimes prevent type 2 diabetes.  T  F

9. True or false: Most people who have type 2 diabetes are overweight.  T  F

10. True or false: If teens don’t manage their diabetes well, the signs won’t start to show until they are adults.  T  F