Appendix

Appendix 1: Items used from the SDSCA.23

1. How many of the last SEVEN DAYS have you followed a healthy eating plan?
2. On how many of the last SEVEN DAYS did you participate in at least 30 minutes of physical activity? (Total minutes of continuous activity, including walking.)
3. On how many of the last SEVEN DAYS did you test your blood sugar?
4. On how many of the last SEVEN DAYS did you check your feet?
5. Have you smoked a cigarette—even one puff—during the past SEVEN DAYS?
6. If yes, how many cigarettes did you smoke on an average day?
7. On how many of the last SEVEN DAYS did you take your recommended insulin injections?*
8. On how many of the last SEVEN DAYS did you take your recommended number of diabetes pills?*

*Note: a “not applicable” option was provided for these items.