

Lifestyle Modification for Prevention and Management of Diabetes Mellitus

CHAMPS Live and Archived Webcast
Live Broadcast on April 15, 2009
Presented by Michael T. McDermott, MD
Evaluation & CME Questions



Name, credentials: _____
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This contact information is **required** if you would like to receive a Certificate of Participation or CME Credit for this webcast.

_____ I am applying for Continuing Medical Education credit.*

***Fax your completed form to Andrea Martin at CHAMPS, (303) 861-5315.
Questions? Call (303) 861-5165 x285.***

Please complete the following evaluation questions (pages 1-3) so we can review our goals, objectives, and topics for future webcasts. If you complete the Evaluation Questions and provide your contact information, you will receive a **Certificate of Participation** for this event within six weeks.

*Participants interested in receiving Continuing Medical Education (CME) credit must also complete the CME questions following the evaluation questions (page 4). If you complete the Evaluation and CME questions and provide your contact information, you will receive a **Continuing Medical Education Certificate** for 1.5 credit hours within six weeks.

EVALUATION QUESTIONS

1) Please rate your overall satisfaction with this webcast on a scale of 1-10 (1 being the worst possible rating and 10 being the best possible rating):

(Worst Possible Rating) 1 2 3 4 5 6 7 8 9 10 (Best Possible Rating)

2) I feel this presentation addressed Educational Objective #1: *Review the epidemiology of the progressive epidemic of Type 2 Diabetes Mellitus in the United States*

- _____ Strongly Agree
- _____ Agree
- _____ Neither Agree nor Disagree
- _____ Disagree
- _____ Strongly Disagree

3) I feel this presentation addressed Educational Objective #2: *Explain the current concepts of the pathophysiology of Type 2 Diabetes Mellitus*

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

4) I feel this presentation addressed Educational Objective #3: *Discuss the various dietary alterations that have been shown to be valuable in the prevention and management of Type 2 Diabetes Mellitus*

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

5) I feel this presentation addressed Educational Objective #4: *Explain the role of regular physical activity in preventing and treating Type 2 Diabetes Mellitus*

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

6) I feel this presentation addressed Educational Objective #5: *Review weight loss strategies and the effects of successful weight reduction and maintenance on Type 2 Diabetes Mellitus*

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

7) Rate your experience registering, logging on, and participating in this webcast through your computer system:

- Very Easy
- Easy
- Neither Easy nor Difficult
- Difficult
- Very Difficult

8) The speaker was knowledgeable on the topic:

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

9) The content was presented in a scientifically balanced manner:

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

10) The educational materials (slides or handouts, learning activities, etc.) promoted my understanding of the material:

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

11) The speaker was interesting to listen to:

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

12) The speaker fostered active participation in learning:

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

13) This webcast gave me practical tools I can use while working:

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

14) How likely are you to attend another CHAMPS webcast?

- Very Likely
- Likely
- Somewhat Likely
- Not Very Likely
- Not at All Likely

15) Briefly describe the best aspects of this webcast:

16) Please describe how this webcast could be improved:

17) List other training topics that would meet the needs of your job:

18) Other Comments:

Thank you for your responses. If you are not applying for CME credit, please fax these responses to Andrea Martin at CHAMPS, (303) 861-5315. Otherwise, continue to the CME Credit questions below.

CONTINUING MEDICAL EDUCATION (CME) CREDIT QUESTIONS

You must attend the entire webcast and complete the following post-test in order to qualify for CME credit. Failure to complete all CME questions will result in no CME credit awarded.

19) Which of the following is not considered a component of the Metabolic Syndrome?

- a. Waist size > 40 inches in men and > 35 inches in women
- b. Fasting blood glucose > 100 mg/dl
- c. Serum LDL cholesterol > 130 mg/dl
- d. Serum Triglycerides > 150 mg/dl
- e. Hypertension (BP > 130/85 mmHg)

20) Which of the following is the current definition of Impaired Glucose Tolerance?

- a. Fasting blood glucose > 100 mg/dl
- b. Fasting blood glucose > 125 mg/dl
- c. 1 hour blood glucose > 160 mg/dl in oral glucose tolerance test
- d. 2 hour blood glucose > 140 mg/dl in oral glucose tolerance test
- e. 2 hour blood glucose > 200 mg/dl in oral glucose tolerance test

21) Which of the following is the single biggest modifiable risk factor for the development of Type 2 Diabetes Mellitus?

- a. Obesity
- b. Hypertension
- c. High carbohydrate diet
- d. High saturated fat diet
- e. Physical inactivity

22) Which of the following dietary practices is associated with an increased risk of developing Type 2 Diabetes Mellitus?

- a. High intake of fruits
- b. High intake of vegetables
- c. High intake of fiber
- d. High intake of fruit juice
- e. High intake of polyunsaturated fat

23) Which of the following is not associated with improved glycemic control in patients who have Type 2 Diabetes Mellitus?

- a. Resistance exercise
- b. High monounsaturated fat diet
- c. High protein diet
- d. High fiber diet
- e. High carbohydrate diet

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