

The Summary of Diabetes Self- Care Activities for Diabetes and Kidney Disease

The questions below ask you about your diabetes and kidney disease self-care activities during the past 7 days. If you were sick during the past 7 days, please think back to the last 7 days that you were not sick.

Diet

How many of the last SEVEN DAYS have you followed a healthful eating plan?

0 1 2 3 4 5 6 7

On average, **over the past month**, how many DAYS PER WEEK have you followed your eating plan?

0 1 2 3 4 5 6 7

On how many of the last SEVEN DAYS did you eat five or more servings of fruits and vegetables?

0 1 2 3 4 5 6 7

On how many of the last SEVEN DAYS did you eat high fat foods such as red meat or full-fat dairy products?

0 1 2 3 4 5 6 7

Exercise

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).

0 1 2 3 4 5 6 7

On how many of the last SEVEN DAYS did you participate in a specific exercise session (such as swimming, walking, biking) other than what you do around the house or as part of your work?

0 1 2 3 4 5 6 7

Blood Sugar Testing

On how many of the last SEVEN DAYS did you test your blood sugar?

0 1 2 3 4 5 6 7

On how many of the last SEVEN DAYS did you test your blood sugar the number of times recommended by your health care provider?

0 1 2 3 4 5 6 7

Foot Care

On how many of the last SEVEN DAYS did you check your feet?

0 1 2 3 4 5 6 7

On how many of the last SEVEN DAYS did you inspect the inside of your shoes?

0 1 2 3 4 5 6 7

Smoking

Have you smoked a cigarette—even one puff—during the past SEVEN DAYS?

0. No

1. Yes.

If yes, how many cigarettes did you smoke on an average day?

Number of cigarettes:

Medications

On how many of the last SEVEN DAYS, did you take your recommended diabetes medication?

0 1 2 3 4 5 6 7

On how many of the last SEVEN days did you take your recommended insulin injections?

0 1 2 3 4 5 6 7

On how many of the last SEVEN days did you take your recommended number of diabetes pills?

0 1 2 3 4 5 6 7

Toobert et al. The Summary of Diabetes Self-Care Activities Measure. *Diabetes Care*, 23(7) July 2000: 943-950.