

4. Do you currently take high-blood pressure medication?

- No Yes

High blood pressure increases the risk of developing type 2 diabetes as well as other problems such as cardiovascular disease, as well as vision and kidney problems. You can help control your blood pressure by:

- *Increasing your level of physical activity.*
- *Reducing consumption of salt and fat.*
- *Reducing alcohol consumption.*
- *Reducing tobacco use.*
- *Reducing daily stress.*
- *Maintaining a healthy weight.*



5. Do you smoke cigarettes or use another tobacco product every day?

- No Yes

Nicotine and elevated blood sugar levels damage blood vessels and reduce oxygen supply to the body, which may impair the mechanism of action of insulin.

6. Do you consume alcohol on a daily basis?

- No Yes

Alcohol is a toxic substance for the liver. Your liver can process a small amount of alcohol, but a larger amount of daily consumption increases your risk of developing type 2 diabetes and other health problems such as cancer, liver problems and high blood pressure.

If you answer “no” to the following questions, it really means that you are answering “yes” to diabetes risk factors, since healthy lifestyle habits can prevent development of type 2 diabetes. A “no” means that you are at increased risk for developing this type of diabetes.

7. Do you engage in an average of at least 30 minutes of physical activity per day, five days per week (such as walking, picking berries or hunting)?

- No (meantime “yes” to risk factors) Yes

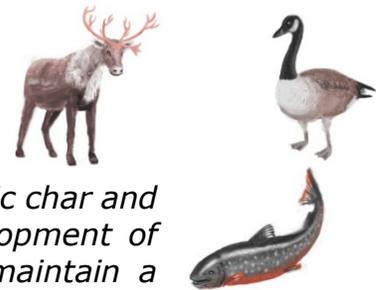
Increasing physical activity levels leads to better weight control and reduces the risk of developing type 2 diabetes. Walking is an excellent way to do this, and don't forget that every step counts!



8. Do you eat traditional meats, fish and seal as often as possible?

- No (meantime “yes” to risk factors) Yes

Country foods are rich in several nutrients, including iron and protein. The fat from fish like arctic char and salmon contains omega-3 fats, which boost development of brain, nerve, and eye function while helping to maintain a healthy heart.



9. Do you eat vegetables, berries and fruit at least three times per day?

- No (meantime “yes” to risk factors) Yes



Eating vegetables, berries and fruit every day and cooking with country foods as often as possible helps you manage the type of food you eat and maintain or lose weight. Recent studies have shown that Arctic berries like aqpiq could reduce the risk of developing type 2 diabetes.

Instructions for using the questionnaire on the radio or during a community activity

- 1.** Before distributing the questionnaire, explain to participants that this activity is not a substitute for a medical diagnosis. The questionnaire should be used for the purpose of making people aware of the risk of developing type 2 diabetes and helping them to evaluate their lifestyle habits.
- 2.** To use this questionnaire effectively, read each question, give participants time to answer, and then provide the explanation associated with each question. At the end of the questionnaire, explain to participants that answering “yes” to some questions indicates that they have habits that may lead to developing type 2 diabetes.
- 3.** Questions 1 to 6 concern habits that are risk factors for developing type 2 diabetes. The information below these questions suggests ways to decrease this risk by changing lifestyle habits.
- 4.** Questions 7 to 9 concern protective factors. For example, physical activity and proper nutrition are protective factors for type 2 diabetes. Therefore, if participants answer “no” to these questions, they should consider that they have answered “yes” to having risk factors for type 2 diabetes.
- 5.** At the end of the questionnaire, encourage participants, if necessary, to go to the CLSC in their village to discuss their concerns with a doctor and/or the nurse on duty.