

# Know Your Numbers

## Tips to Lower Your Risk of Diabetes

### Diabetes Quiz

Please select the **best** answer for each question using the tips provided during the Know your numbers campaign. All employees who correctly answer all four questions and submit to Human Resources by **August 12th** will be entered into a prize drawing.

1. You may be able to prevent or delay diabetes with:
  - A. Physical activity, like walking
  - B. Weight loss if needed – losing even a few pounds will help
  - C. Taking medication, if your doctor prescribes it
  - D. All of the above are ways to prevent or delay diabetes
2. True or False – Weight loss of as little as 7% can positively impact your risk of developing diabetes
3. True or False – Eating chicken with the skin is a way to cut bad fat out of your diet.
4. According to the handouts, which of the following is **not** listed as a good fat choice?
  - A. Olive Oil
  - B. Fatty Fish
  - C. Dairy Fat
  - D. Avocado

**Please fill out the information below to be entered into the prize drawing**

Name \_\_\_\_\_

Department \_\_\_\_\_

Phone number \_\_\_\_\_