Annexe : Examples of Diabetes Numeracy Test items and proportion of correct responses.

Q1. If you ate the entire bag of chips, how many total grams of carbohydrates would you eat?

Nutrition Facts	
Serving size 1 oz (28 g/About 10 chips)	
Servings Per Container 3.5	

Amount Per Serving	
Calories 140	Calories from Fat 60

	% Daily Value
Total Fat 6 g	10%
Saturated Fat 0.5 g	4%
Cholesterol 0 mg	0%
Sodium 150 mg	7%
Total Carbohydrate 18 g	6%

Answer: 63 grams.
Correct response: 44%

Q2. Your target blood sugar is between 60 and 120. Please circle the values below that are in the target range (circle all that apply):

55   145   118

Answer: 118 only.
Correct response: 74%

Q3. You have a prescription for Metformin 500-mg tablets. The label says, "Take 1 tablet with supper each night for the first week. Then, increase by 1 tablet each week for a total of 4 tablets daily with supper." How many tablets should you take with supper each night the second week?

Answer: 2 tablets.
Correct response: 65%

Q4. You check your blood sugar just before eating. You take 1 unit of insulin for every 10 grams of carbohydrates you eat. You are also given the sliding scale shown below. The sliding scale indicates the amount of insulin you should add to your usual dose on the basis of your blood sugar levels:
• If your blood sugar is greater than 120 points at breakfast, lunch, or supper, add 2 units of insulin.
• If your blood sugar is greater than 150 points at breakfast, lunch, or supper, add 4 units of insulin.
• If your blood sugar is greater than 180 points at breakfast, lunch, or supper, add 6 units of insulin.

1 unit of insulin per 10 grams of carbohydrates at meals

If Blood Sugar Is:	Breakfast	Lunch	Supper
>120	+2	+2	+2
>150	+4	+4	+4
>180	+6	+6	+6

Your blood sugar is 140 and you will eat 50 grams of carbohydrates at lunch. How much total insulin do you need to take?

Answer: 7 units.
Correct response: 33%