

## LEVEL 2 CERTIFICATE CARE MANAGEMENT OF DIABETES

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Unit 02: Prevention and early intervention of Type 2 diabetes

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## **Unit 02: Prevention and early intervention of Type 2 diabetes**

**Q1.1 Explain ways to prevent or delay the onset of Type 2 diabetes.**

**Answer:**

**Q 1.2 Identify the tests available for monitoring individuals at risk of developing Type 2 diabetes.**

**Answer:**

**Q 1.3. Explain why frequent monitoring tests should be undertaken.**

**Answer:**

**Q 2.1. Explain the importance of a balanced diet for people with Type 2 diabetes.**

**Answer:**

**Q 2.2. Explain how carbohydrates affect blood glucose levels.**

**Answer:**

**Q 2.3. Outline the importance of a carbohydrate-controlled diet in preventing prolonged raised blood glucose levels.**

**Answer:**

**Q 2.4. Explain the importance of weight management for people with Type 2 diabetes.**

**Answer:**

**Q 2.5. Explain how exercise lowers blood glucose levels.**

**Answer:**

**Q 2.6. Explain how the following can affect diabetes:**

- **smoking**
- **alcohol**
- **substance use**
- **a sedentary lifestyle.**

**Answer:**