

The next set of questions ask about what you think of your risk or chance for getting diabetes.

23. What statement best reflects your opinion for each?	Strongly Agree	Agree	Disagree	Strongly Disagree
A. I feel that I have little control over risks to my health.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
B. If I am going to get diabetes, there is not much I can do about it.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
C. I think that my personal efforts will help control my risks of getting diabetes.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
D. People who make a good effort to control the risks of getting diabetes are much less likely to get diabetes.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
E. Compared to other women of my same age, I am less likely than they are to get diabetes.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
F. Compared to other women of my same age, I am less likely than they are to get a serious disease.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

24. We would like you to think about people in the general public and NOT about your own personal risk of getting diabetes. Which statement most closely reflects your view of how each item affects their risk for diabetes? <i>Check the box for each statement that best describes your opinion.</i>	Increases or raises the risk	Has NO effect on risk	Decreases or lowers the risk	Don't know
A. Being Asian American	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
B. Being Caucasian (White)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
C. Eating a healthy diet	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
D. Being Black or African-American	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
E. Being Hispanic	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
F. Having had diabetes during pregnancy	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

24. We would like you to **think about people in the general public** and NOT about your own personal risk of getting diabetes. Which statement most closely reflects your view of how each item affects **their risk** for diabetes? *Check the box for each statement that best describes your opinion.*

	Increases or raises the risk	Has NO effect on risk	Decreases or lowers the risk	Don't know
G. Having a blood relative with diabetes	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
H. Being 65 years of age or older	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I. Exercising regularly	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
J. Being American Indian	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
K. Controlling weight gain	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

25. For each item below, let us know the response that **BEST DESCRIBES YOUR OPINION** about possible ways to prevent diabetes.

	Strongly	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
A. Doing regular exercise and following a diet take a lot of effort.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	6 <input type="checkbox"/>
B. Regular exercise and diet may prevent diabetes from developing.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	6 <input type="checkbox"/>
C. Benefits of following a diet and exercise program outweigh the effort to do it.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	6 <input type="checkbox"/>

26. What do you think your risk or chance is for getting diabetes over the next 10 years?

- 1 Almost no chance
- 2 Slight chance
- 3 Moderate chance
- 4 High chance

27. If you don't change your lifestyle behaviors, such as diet or exercise, what is your risk or chance of getting diabetes over the next 10 years?

- 1 Almost no chance
- 2 Slight chance
- 3 Moderate chance
- 4 High chance

28. Have you recently made changes in any lifestyle behaviors that you believe will lower your chances of getting diabetes?

- 0 No
- 1 Yes

29. Are you planning to make changes in any lifestyle behaviors in the near future that you believe will lower your chances of getting diabetes?

- 0 No
- 1 Yes