

We're curious about diabetes!

Fact or fiction?

Guess if each statement is fact or fiction in Section 1. After you've guessed an answer, search some sources on the Internet to determine if the statements are actually fact or fiction. Write a brief summary of your findings underneath each statement in Section 2.

**Section 1: For each of the following statements, GUESS if they are fact or fiction. Circle the answer; you don't have to show any work.**

1. **Fact or Fiction:** People develop diabetes from eating high-fat foods.
2. **Fact or Fiction:** People with diabetes have to give up eating sugar.
3. **Fact or Fiction:** Only about 10% of people with diabetes have type 1.
4. **Fact or Fiction:** Type 1 and type 2 diabetes occur because the pancreas stops making insulin.
5. **Fact or Fiction:** Some people can develop diabetes only while pregnant.
6. **Fact or Fiction:** People with diabetes can live long and healthy lives.
7. **Fact or Fiction:** Blindness is a common complication from diabetes.
8. **Fact or Fiction:** Type 1 diabetes can be prevented with diet and exercise.
9. **Fact or Fiction:** Certain ethnic groups have a higher risk of developing type 2 diabetes than others.
10. **Fact or Fiction:** The loss of sensation in fingers and toes is a common complication from diabetes.
11. **Fact or Fiction:** People with diabetes only have trouble with high blood sugar.



**Section 2: For each of the following statements, search for sources on the Internet to determine if they are fact or fiction. Write Fact or Fiction on the line provided and underneath each question, summarize what you found during your searches.**

1. \_\_\_\_\_ People develop diabetes from eating high-fat foods.
2. \_\_\_\_\_ People with diabetes have to give up eating sugar.
3. \_\_\_\_\_ Only ~10% of people with diabetes have type 1.
4. \_\_\_\_\_ Type 1 and type 2 diabetes occur because the pancreas stops making insulin.
5. \_\_\_\_\_ Some people can develop diabetes only while pregnant.
6. \_\_\_\_\_ People with diabetes can live long and healthy lives.
7. \_\_\_\_\_ Blindness is a common complication from diabetes.
8. \_\_\_\_\_ Type 1 diabetes can be prevented with diet and exercise.
9. \_\_\_\_\_ Certain ethnic groups have a higher risk of developing type 2 diabetes than others.
10. \_\_\_\_\_ The loss of sensation in fingers and toes is a common complication from diabetes.
11. \_\_\_\_\_ People with diabetes only have trouble with high blood sugar.

