

CPSP Virtual Diabetes During Pregnancy Post-Test

Please circle the correct answer(s).

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

Please circle the correct answer(s).

1. In LA County, what are the two race/ethnicities with the highest rate of Gestational Diabetes (GDM) diagnosis?
 - a. Asian and African American
 - b. African American and Hispanic
 - c. Asian and Hispanic
 - d. None of the Above
2. When using the nutrition tool: *MyPlate for Gestational Diabetes*, **beans** count as what food group?
 - a. Fruits
 - b. Protein
 - c. Dairy
 - d. Grains
3. Poor control of diabetes during pregnancy puts baby at risk for:
 - a. high birthweight
 - b. premature birth
 - c. becoming obese and/or have diabetes later in life
 - d. All of the above
4. For diabetes, examples of a starchy vegetable (count as a Grain) are:
 - a. Corn
 - b. Peas
 - c. Potatoes
 - d. All of the above
5. After a mother delivers her baby, all mothers with GDM will no longer have diabetes.
True False
6. According to the Sweet Success Guidelines of Care, women with GDM risk factors should be screened at their first prenatal visit (<13 wks) **True False**
7. When a GDM mother is prescribed insulin during her pregnancy, this crosses into the placenta which is harmful to her baby **True False**

8. For diabetes, all food groups contain carbohydrates **EXCEPT**:
- a. Fruit
 - b. Protein
 - c. Milk
 - d. Vegetables
9. According to CPSP protocols, all interventions/referrals are appropriate for diabetes/GDM **EXCEPT**:
- a. Review STT GDM handouts
 - b. Refer to registered dietitian (RD)
 - c. Refer to WIC
 - d. Refer to diabetes specialist or California Diabetes and Pregnancy Program (CDAPP)/Sweet Success Affiliate/date.

**Please submit your completed test to
Email: cpsp@ph.lacounty.gov**

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**THIS SECTION TO BE COMPLETED
BY LA COUNTY CPSP STAFF**

Score: / 9 = %

Passing: YES NO

Follow-up call completed: YES