How many of the past 7 days did you...

- take your recommended diabetes medications?
- test blood sugar as recommended...
- test blood sugar?
- participate in specific exercise?
- participate in 30 min. activity?
- eat high fat foods...
- eat 5 or more servings fruit & veggies?
- follow a healthful eating plan (days/week in past month)?
- follow a healthful eating plan?

Mean Days Engaged in Each Self-Care Behavior

P>0.05 for all differences

- Total Sample (n=219)
- ND Interested (n=106)
- Less ND Interested (n=113)