

## 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.

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

Score:     / 9 =        %

Passing:  YES       NO

Follow-up call completed:  YES

**Please submit your completed test to Jocceline Hernandez at  
jhernandez@ph.lacounty.gov or (213) 639-1034 (fax)**