

Appendix-2. Prediabetic Follow up Questionnaire

Personal Details			
Name		
Age		
Gender	Male	Female	
weight		
Height		
Marital Status	Single	Married	
Educational attainment	Uneducated 12th or less Graduation or more		
Do you usually do some physical activity for at least 30 minutes each day?	Yes	No	
Income management	Impossible/difficult all the time Not too bad/easy Good		
How often do you eat vegetables or fruits?	Every day Not every day		
Blood Glucose level before follow up	Fed	Fasted	
Do you have any chronic diseases?	Yes	No	
Does anyone in your family have diabetes	Yes	No	
if you answer yes , who is he?		
Blood Glucose level after follow up	Fed	Fasted	
Change in life style			
Exercise	Yes	Sometime	No
Adequate Sleep	Yes	Sometime	No
Stress	Yes	Sometime	No
Dietary Factor			
Follow the diet prescribed	Yes	Sometime	No
Fruits/Vegetables	High	Average	Low
fiber	High	Average	Low
Water	High	Average	Low