

ANNEXES

Appendix - A	Diabetes Self-Care Activities Questionnaire - DQF							
1.1 In how many of the last SEVEN DAYS have you followed a healthy diet?	0	1	2	3	4	5	6	7
1.2 During the past month, HOW MANY DAYS PER WEEK, on average, did you follow dietary guidance, given by a health professional (doctor, nurse, nutritionist)?	0	1	2	3	4	5	6	7
2.1 In how many of the last SEVEN DAYS have you eaten five or more servings of fruits and/or vegetables?	0	1	2	3	4	5	6	7
2.2 In how many of the last SEVEN DAYS have you eaten foods rich in fat, such as red meat? or foods containing whole milk or dairy products?	0	1	2	3	4	5	6	7
or foods containing whole milk or dairy products?								
2.3 On how many of the last seven days did you eat sweets?	0	1	2	3	4	5	6	7
3.1 In how many of the last SEVEN DAYS have you performed physical activity for at least 30 minutes (total minutes of continuous activity, including walking)?	0	1	2	3	4	5	6	7
3.2 On how many of the last SEVEN DAYS have you practiced some specific type of physical exercise (swimming, walking, cycling), not including your activities at home or at work?	0	1	2	3	4	5	6	7
4.1 In how many of the last SEVEN DAYS have you evaluated your blood sugar?	0	1	2	3	4	5	6	7
4.2 On how many of the last SEVEN DAYS did you measure your blood sugar the recommended number of times by the doctor or nurse?	0	1	2	3	4	5	6	7
5.1 On how many of the last SEVEN DAYS have you examined your feet?	0	1	2	3	4	5	6	7
5.2 In how many of the last SEVEN DAYS have you looked inside your shoes before putting them on?	0	1	2	3	4	5	6	7
5.3 In how many of the last SEVEN DAYS have you dried the spaces between your toes after washing them?	0	1	2	3	4	5	6	7
6.1 On how many of the last SEVEN DAYS did you take your diabetes medications as recommended by?	0	1	2	3	4	5	6	7
OR (if insulin and pills):								
6.2 On how many of the last SEVEN DAYS have you taken your insulin injections as recommended?	0	1	2	3	4	5	6	7
6.3 In how many of the last SEVEN DAYS have you taken the indicated number of diabetes pills?	0	1	2	3	4	5	6	7
7.1 Have you smoked a cigarette - even just one drag - during the past seven days? No Yes								
7.2 Yes, how many cigarettes do you usually smoke in a day?								
7.3 When did you smoke your last cigarette?								
Never smoked								
More than two years ago								

Appendix B

Appendix - B Blood glucose evaluation

Glucometer Automatic device values

Accu-Chek

Multiclix

Appendix C

Appendix - C Blood pressure measurement

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Appendix A

APPENDIX A - AGREEMENT FROM THE INSTITUTION

Montes Claros, May 29, 2019.

To

Ethics Committee in Research of SOEBRAS - CEP - SOEBRAS/FUNORTE A/c. Prof. Dr. Claudio Janes dos Reis
Coordinator of CEP-SOEBRAS

Authorization to conduct research

I, _____, Secretary of I hereby inform the CEP- SOEBRAS/FUNORTE that I authorize the researcher Professor Ronilson Ferreira Freitas and his students from the Faculdades de Saúde e Humanidades Ibituruna - FASI, Adalberto Pinheiro Ribeiro and Matheus Santos Dias Xavier to conduct/develop the research entitled "Effects of Health Education on the Lifestyle and Health Conditions of People with Diabetes Mellitus and Hypertension Attended in Primary Care", after the approval of such research by the CEP/CONEP system.

I declare that I am aware of and comply with the Brazilian Ethical Resolutions, especially resolution CNS 466/12. This institution is aware of its co-responsibilities as a *co-participating institution* in the present research project, and of its commitment to safeguard the safety and well-being of the research participants recruited therein, making the necessary infrastructure available to guarantee such safety and well-being.

We understand that our INSTITUTION may, at any stage of this research, withdraw this consent. We are also assured, by the above-mentioned researchers, of the confidentiality and privacy of the confidential data involved in the research.

We agree that the results of this study may be presented in writing or orally in congresses and/or scientific journals, in a totally anonymous way. We are at your disposal for any questions you may have.

"Name and Signature of Institutional Officer"

Appendix B

APPENDIX B - FREE AND INFORMED CONSENT FORM - TCLE

Research Title: Effects of Health Education on the Lifestyle and Health Conditions of People with Diabetes Mellitus and Hypertension Cared for in Primary Care.

Promoter Institution: Faculdade de Saúde e Humanidades Ibituruna - FASI

Responsible Researcher: Ronilson Ferreira Freitas

Address and Telephone: Av. Profa. Aida Mainartina Paraiso, 99 - Ibituruna, Montes Claros - MG, CEP: 39408-007, (38) 3690-6600

Dear Participant: We would like to invite you to participate as a volunteer in the research entitled "Effects of Health Education on the Lifestyle and Health Conditions of People with Diabetes Mellitus and Hypertension Attended in Primary Care". This is a project of the Course Conclusion Work (TCC) of the participants Adalberto Pinheiro Ribeiro and Matheus Santos Dias Xavier from the Nutrition graduation course.

The objective will be to evaluate the effects of health education on the lifestyle and health conditions of people with diabetes mellitus and/or hypertension treated in primary care.

As for the benefits of the research, both for the knowledge of the participants and for the Family Health Strategy (FHS), the results obtained by this research may provide subsidies for the Municipal Health Secretariat of Montes Claros - MG to develop nutritional health education intervention strategies to improve the quality of life of diabetic and/or hypertensive users through changes in lifestyle habits.

Its form of participation consists of answering a questionnaire that encompasses a longitudinal epidemiological study, with a quantitative and exploratory character about the effects of health education on the lifestyle and health conditions of people with diabetes mellitus and/or hypertension treated in primary care.

Considering that every research offers some type of risk, in this research the risk can be evaluated as: the participant may feel uncomfortable answering questionnaires with personal questions. There is a risk of sample contamination. There is also the risk of a breach of confidentiality, however, this risk will be minimized, since the preservation of the participants' identity will be guaranteed, since the data collection instruments request personal data from the individuals, but these questionnaires will only be handled by the research team.

As for the benefits of the research, both for the knowledge of the participants and for the Family Health Strategy (FHS), the results obtained by this research may provide subsidies for the Municipal Health Secretariat of Montes Claros - MG to develop nutritional health education intervention strategies to improve the quality of life of diabetic and/or hypertensive users through changes in lifestyle habits.

You will have access to the results of this research through the publication of an article, presentation of the banner at the college and a scientific technical report that will be delivered to the Family Health Strategy. We would like to make it clear that your participation is voluntary and that you may refuse to participate or withdraw your consent, or discontinue your participation if you so choose, without penalty or prejudice to your care. Your name will not be used at any stage of the research, which guarantees your confidentiality.

anonymity, and the dissemination of the results will be done in a way that does not identify the participants.

This term was prepared in two copies, which must be signed at the end by you and by the responsible researcher, and one copy will be retained by the responsible researcher/person delegated by him/her. You will keep an original copy of this form and in case of doubt(s) and other clarifications about this research, as well as its results, you may contact the principal researcher Ronilson Ferreira Freitas, Montes Claros, Rua Joao Pinheiro, 441, Apt. 203-Centro. Profa. Aida Mainartina Paraiso, 99 - Ibituruna, cep: 39408-007, Montes Claros - MG, **phone: (38) 3690-6600** or **e-mail: comitedeetica@funorte.edu.br**. The ethics committee is an organ created to proceed with the ethical analysis of research projects involving human beings in Brazil. This process is based on a series of norms established by the National Health Council (CNS), an organ linked to the Ministry of Health. We thank you for your attention and participation, and we remain at your disposal for further information.

ADVICE

I confirm that Adalberto Pinheiro Ribeiro and Matheus Santos Dias Xavier explained to me the objectives of this research, as well as the form of my participation. The alternatives for my participation were also discussed. I have read and understood this Consent Form, therefore, I agree to give my consent to participate as a volunteer in this research.

Local data: Montes Claros, May 20, 2019.

(Signature of research participant)

I, _____ (name of team member submitting the informed consent form) have properly and voluntarily obtained the informed consent of the research participant or legal representative for participation in the research.

member presenting the TCLE) (Signature of the team

Prof. Ms. Ronilson Ferreira Freitas Responsible Researcher

APPENDIX C - Structured instrument for data collection

Q.01 SECTION 1 - Sociodemographic Aspects

Q.01.1 Gender: 0. () Male 1. () Female

Q.01.2 Age: _____ years

Q.01.3 Family income: _____

Q.01.4 Number of people in the family: _____

Q.01.5 Number of rooms in the house: _____

1. Marital Status:
Q.01.62. () Single
3. () Married
4. () Divorced
5. () Stable Union
6. () Widower

7. Color:
8. () Black
Q.01.79. () Yellow
10. () Brown
11. () Indigenous
12. () White

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13. Level of education:
 14. Elementary SchoolIncomplete
 Q.01.815. Elementary SchoolComplete
 16. High School
 17. High SchoolComplete
 18. Higher EducationIncomplete
 19. Higher EducationIncomplete
-

Q.03 SECTION 3 - Food Frequency Questionnaire (FFQ)

Serving size (didactic)

Food	FrequencyFood				Never
	1-2 x / day	1-3 x / week	5-7 x / week	1-3 x / Month	
Milk and dairy products					
Skimmed milk					
Whole Milk					
White cheese					
Meat and eggs					
Ovofrito					
Ovocozed					
Beef					
Pork					
Chicken					
Sausage					
Mortadella					
Sausage					
Liver					
Oils and fats					
Bacon/Bacon					
Butter					
Margarine					
Snacks and canned food					
Batatafrita					
Pizza					
Snacks					
Olive					
Cereals and legumes					
Brown rice					
Arrozpolido					

Whole wheat bread

Whitebread

Salted cookies

BiscuitSweet

Cakes

Noodles

Beans

Vegetables and Fruit

Raw leafy vegetables

-

Sautéed / braised sausage

-

Vegetablescruits

-

Tubers (cará,
manioc, potato, yam)

Fruit

Drinks

Coffee with sugar

Sugar-free coffee

Sucosemaçúcar

Juice with sugar

Soft Drinks

Q.03

**SECTION 04 - Physical Activity Frequency
Questionnaire (QFAF)**

4.1 On how many days of the week did **you** WALK for at least _____
10 minutes continuously at home or at work, as a form of
transportation to go from one place to another, for leisure, for _____ / days per week None ()
pleasure, or as a form of exercise? NS 88
NR..... 99

4.2 On the days when you **WALKED** for at least 10 continuous Hours: _____ Minutes: _____
minutes, how much time in total did you spend walking **per day**?
Does not walk ()
NS 88
NR..... 99

4.3 On how many days in the past week did you engage in.....
MODERATE activities for at least 10 minutes continuously,
such as light bicycling, swimming, dancing, light aerobics,..... / days per week None..... ()
playing recreational volleyball, carrying light weights, doingNS 88
household chores in the house, yard, or garden such as sweeping, NR..... 99
vacuuming, yard work, or any activity that **moderately**
increased **your** breathing or heart rate (**DO NOT INCLUDE**
WALKING)

4.4 On the days when you did these **moderate** activities for at..... Hours: _____ Minutes: _____
least 10 minutes continuously, how much time in total did you
spend doing these activities **per day?** Didn't do..... ()
NS 88
NR..... 99

4.5 On how many days in the last week did you do **VIGOROUS**.....
activities for at least 10 continuous minutes, such as running,
aerobics, playing soccer, fast cycling on a bicycle, playing..... / days per week None..... ()
basketball, doing heavy housework in the house, yard or gardenNS 88
digging, carrying heavy weights or any activity that made youNR..... 99
VERY heavy breathing or heart rate.

5.6 On the days when you did these **vigorous** activities for at..... Hours: _____ Minutes: _____
least 10 continuous minutes, how much time in total did you
spend doing these activities **per day?** Didn't do..... ()
NS 88
NR..... 99
