

Knowledge Assessment: Lifestyle Factors

This assessment is to be completed by teens and young adults with inflammatory bowel disease (IBD). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question. This is not a test. This assessment has been developed to help you understand more about IBD with the help of your healthcare team.

Name: _____

Date: _____

1 The same foods make everyone's Inflammatory bowel disease (IBD) worse.

True

False

Don't know

2 People with IBD can always get all the nutrients they need by eating a healthy diet.

True

False

Don't know

3 People who smoke are more likely to get which of these diseases?

A. Ulcerative colitis

B. Crohn's disease

C. Don't know

4 Which of these is true about enteral diets (liquid diets that patients usually take by nasogastric or gastric tube feeds)?

A. They are only used instead of eating regular food

C. They can be used to help you get the nutrients you need

B. They are hard to digest

D. All of the above

Knowledge Assessment: Lifestyle Factors

5 People with IBD should avoid getting vaccines.

True

False

Don't know

6 IBD can affect how well people sleep.

True

False

Don't know

7 What can someone with IBD do to make their bones healthier?

A. Exercise

C. Avoid smoking

B. Take a calcium supplement

D. All of the above



Next Steps:

Read up _____

Retake _____

R.E.D.I. to go! _____