

## **Assignment Requirements**

Choose one of the following to respond to in Week 1 Discussion Board;

- Chapter 1, Exercise 1.5 or
- Chapter 2, Exercise 2.1 or
- **Chapter 2, Exercise 2.4**

Respond with a minimum of two (2) paragraphs of 4-5 sentences each.

1. You should address each bullet point in the exercise you select.
2. Your work should have in-text citations integrating at a minimum one scholarly article from this week's readings and course textbook.
3. APA format should be utilized to include a reference list.
4. Correct grammar, spelling, and APA should be adhered to when writing, work should be scholarly without personalization or first person use.
5. Respond to a minimum of two (2) individuals, peer and/or faculty, with a scholarly and reflective post of a minimum of two (2) paragraphs of 4-5 sentences. A minimum of one (1) scholarly article should be utilized to support the post in addition to your textbook.

## **Posting Directions**

1. Posts should be made on a minimum of 3 separate days/dates.
2. All faculty replies to students must be responded to directly in the discussion board.
3. Minimum posting is:
  - Initial discussion board post to the weekly prompt, two peer posts (if there are no faculty postings), or one peer post and a faculty post.

### **Week 1 Discussion Exercise 2.4**

Diabetes is an ever-growing condition that many Americans are at risk for as numbers are continuously increasing. Approximately 25.8 million people in the U.S. (8.3% of the population) are affected by type-2 diabetes mellitus. Even more concerning is that about 79 million adults 20 years of age or older have prediabetes, defined as a glycosylated hemoglobin (HbA<sub>1c</sub>) level ranging from 5.7% to 6.4%, and are at risk for the disease (Trikkalinou, Papazafiropoulou &