

Diabetes Spectrum

FEATURE ARTICLES

- 43 **Using Cultural Competence Constructs to Understand Food Practices and Provide Diabetes Care and Education**
Cynthia M. Goody, PhD, MBA, RD, LDN, and Lorena Drago, MS, RD, CDN, CDE
- 48 **Clinical Counseling for Physical Activity: Translation of a Systematic Review Into Care Recommendations**
Jeffrey J. VanWormer, MS, Nicolaas P. Pronk, PhD, and George J. Kroeninger, MPH
- 56 **The Carbohydrate Counting in Adolescents With Type 1 Diabetes (CCAT) Study**
Franziska K. Bishop, MS, David M. Maahs, MD, Gail Spiegel, MS, RD, CDE, Darcy Owen, MS, RD, CDE, Georgeanna J. Klingensmith, MD, Andrey Bortsov, MD, Joan Thomas, MS, RD, and Elizabeth J. Mayer-Davis, PhD, RD

DEPARTMENTS

- 4 **Editorial: Accept Opportunities When They Present Themselves**
Jackie Boucher, MS, RD, LD, CDE, Editor-in-Chief
- 6 **Consensus Statement: Medical Management of Hyperglycemia in Type 2 Diabetes: A Consensus Algorithm for the Initiation and Adjustment of Therapy**
David M. Nathan, MD, John B. Buse, MD, PhD, Mayer B. Davidson, MD, Ele Ferrannini, MD, Rury R. Holman, FRCP, Robert Sherwin, MD, and Bernard Zinman, MD

- 18 **Pharmacy Update: Metformin Use in Patients With Diabetes and Heart Failure: Cause for Concern?**
Teresa M. Maddalone Swift, PharmD, BCPS
- 23 **Nutrition FYI: Nutrition Trends: Implications for Diabetes Health Care Professionals**
Carrie S. Swift, MS, RD, BC-ADM, CDE
- 26 **Lifestyle and Behavior: Weight Management Counseling Using a Targeted Lifestyle Patterns Approach**
Robert F. Kushner, MD, and Nancy Kushner, MSN, RN
- 30 **Evidence-Based Clinical Decision Making: Mind-Body Therapies in Diabetes Management**
Monica M. DiNardo, MSN, CRNP, CDE
- 35 **Special Report: On the Shoulders of Giants**
David G. Marrero, PhD
- 38 **Special Report: Navigating the Sea of Diabetes**
Ann Albright, PhD, RD