Index

Note: Page numbers in *italics* refer to Figures; those in **bold** to Tables.

adolescents, diabetes in
- clinical management of diabetes ketoacidosis, 194
- education, 191
- hyperglycaemia, 193–194
- hypoglycaemia, treatment of, 192–193
- insulin management see insulin therapy
- multidisciplinary team, annual review with, 191

**type 2 diabetes**, 195

**lifestyle management**
- carbohydrate management, 199
- dietary composition and education, 198–199
- eating disorders and disordered eating, 202
- fat and protein, 200
- lifestyle modification, 201–202
- obesity and physical activity, 200
- physical activity and exercise management, 200–201

**Advisory Committee on Borderline Substances (ACBS)**, 289

**aerobic exercise**
- carbohydrate requirements, 86
- exercise intensity, 139
- fluid requirements, 88
- metabolic effects, 139–141
- non-alcoholic fatty liver disease (NAFLD), 297
- promotion, 142–143
- recommendations, 141
- resistance exercise, 141–142
- training effect, 141

**African-Caribbean diet**, 250, 256, 257

**ageing**, diabetes see older adults, diabetes in

**AKPD** see atypical ketosis prone diabetes (AKPD)

**alcohol**
- cystic fibrosis, 308–309
- type 1 diabetes, 88–89

**type 2 diabetes**
- alcohol intake guidelines, 145
- and blood pressure, 144
- and glycaemic control, 144
- and medication, 144–145
- risks, 144

- angiotensin converting enzyme (ACE) inhibition, 225, 243, 264, 265
- angiotensin receptor blockade (ARB), 243, 264, 265
- antiplatelet therapy, 279, 281
- aspirin, 225, 279, 281
- atypical ketosis prone diabetes (AKPD), 233, 240–241, 241

- body mass index (BMI), 270
- cystic fibrosis, 308
- children, 186
- gestational diabetes, 173
- obesity, 119, 120
- in older people, 212–213

- carbohydrates
  - childhood diabetes, 199
  - counting and exchanges, 18–19
  - fructose—potential mediator, 31–32, 32
  - glycaemic index, 25, 290
  - and health, 31
  - naturally occurring sources, 29–30
  - oligosaccharides, 29
  - pregnancy, 178–179
  - processed sugar, 30
  - sources, 30
  - sugars, 29
  - type 2 diabetes, glycaemia, 112–114
  - whole grains
    - fibre and, 25–26
    - and refined starch, 30–31
cardiovascular disease (CVD), 24, 283
antiplatelet therapy, 279, 281
blood pressure targets and treatment regimens, 278
epidemiology, 273–274
glycaemic control, interventional effects on
type 1 diabetes, 275, 277
type 2 diabetes, 275–276, 277
lifestyle interventions, 281
lipid lowering therapy, 278–279, 280
mortality and morbidity, 273
care homes, 210
CD see coeliac disease (CD)
CFRD see cystic fibrosis-related diabetes (CFRD)
CHD see coronary heart disease (CHD)
childhood diabetes
aetiological classification, 186, 187
cystic fibrosis-related diabetes, 188
diabetic ketoacidosis, 194
hyperglycaemia, 193–194
monogenic diabetes, 187–188
neonatal diabetes, 188
type 1 diabetes in children
β-cell destruction, 186
carbohydrate management, 199
development of, 186
diagnosis of, 187
dietary composition and education, 198–199
exercise management, 200–201, 201
fat and protein, 200
hypoglycaemia, treatment of, 192–193
incidence of, 185–186, 191
inheritance, pattern of, 187
insulin therapy see insulin therapy
International Society for Pediatric and Adolescent Diabetes (ISPAD) guidelines, 198
multidisciplinary team, 191
obesity and physical activity, 200
type 2 diabetes in children
clinical treatment, 195
eating disorders and disordered eating, 202
in ethnic minority children, 232–233
incidence of, 186, 195
insulin resistance, 187
lifestyle modification, 195, 201–202
positive insulin antibodies, 187
weight management, 201
Chinese food, 250–251
chronic kidney disease (CKD)
diet and lifestyle modification, 263
early diabetic management
blood pressure control, 264–265
cardiovascular risk management, 263
glomerular filtration rate (GFR), 263, 264
glycaemic control, 263–264
Kidney Disease Outcomes Quality Initiative diabetes guidelines, 264, 265
protein restriction, 265–266
screening, 263
late diabetic management
haemodialysis, 266, 269
HbA1c, 266
new onset diabetes after transplantation, 270
peritoneal dialysis, 269
nutritional assessment, 266, 268
nutritional requirements, 266, 267
clinical management
children and adolescents
diabetic ketoacidosis, 194
education, 191
hyperglycaemia, 193–194
hypoglycaemia, treatment of, 192–193
insulin management see insulin therapy
multidisciplinary team, annual review with, 191
type 2 diabetes, 195
ethnic groups, diabetes in
macrovascular disease, 244–245
nephropathy, 244
neuropathy and diabetic foot ulceration, 244
retinopathy, 243–244
insulin resistance
in HIV, 299
in non-alcoholic fatty liver disease, 297
in polycystic ovary syndrome (PCOS), 295
in pregnancy see pregnancy
of type 1 diabetes see type 1 diabetes
Clinical practice consensus guidelines, 20, 196
celiac disease (CD)
blood glucose, 290
clinical onset, 286
complications of, 290–291
definition of, 286
diagnosis of, 286, 287
of type 1 diabetes see type 1 diabetes
International Society for Pediatric and Adolescent Diabetes (ISPAD) guidelines, 286
multidisciplinary team, 191
obesity and physical activity, 200
Chinese food, 250–251
chronic kidney disease (CKD)
diet and lifestyle modification, 263
cystic fibrosis-related diabetes (CFRD)
abnormal glucose tolerance, 305, 306, 306
alcohol intake, 308–309
in children, 188
diagnostic criteria, 305
exercise, 308
glucose metabolism, factors affecting, 305
hypoglycaemia, 306
macrovascular complications, 306
medical management, 307
microvascular complications, 306
mortality in, 303
nutritional management, 307–308, 308
pathophysiology of, 303–304
prevalence of, 303
recommendations, 309
screening, 304–305
treatment goals, 309
type 1 and 2 diabetes, characteristics of, 303, 304

delirium, 219, 226
DGP see diabetic gastroparesis (DGP)
diabetes
in adolescents see adolescents, diabetes in
cause of death, 209
in children see childhood diabetes
CKD see chronic kidney disease (CKD)
coeliac disease see coeliac disease (CD)
diagnostic criteria
  gestational diabetes, 9–10
  HbA1c, 9
dietary recommendations, historical perspectives of, 16, 15–18
economic impact, 4–5
ethnic minority groups see ethnic minority groups, diabetes in
exocrine pancreas, disease of, 10
gastroparesis see diabetic gastroparesis (DGP)
genetic defects, 10
hospital inpatients, 316
macrovascular disease see macrovascular disease
and diabetes
nutrition support see nutrition support, in diabetes
nutrition therapy see nutrition therapy
in older people see older adults, diabetes in
pre-diabetes, 3–4
premature morbidity, 209
prevalence, 3, 4
type 1 diabetes see type 1 diabetes
type 2 diabetes see type 2 diabetes
Diabetes Control and Complications Trial (DCCT), 19, 61, 191, 243, 264, 273–275
Diabetes Prevention Programme (DPP), 5, 252–253, 253
diabetic foot ulceration, 244
diabetic gastroparesis (DGP)
definition of, 312
diagnosis, 312–313
dietary interventions, 314
effects of, 313
glycaemic control, 313
grades of severity, 313, 313
prevalence, 312
risk factors for, 312
symptoms of, 312
treatment, 313
diabetic ketoacidosis (DKA), 60, 316
in CF patients, 304
in children and adolescents, 194
in ethnic groups, 233, 240
neonatal diabetes, 188
in pregnant women, 170
diabetic nephropathy see chronic kidney disease (CKD)
diabetic retinopathy (DR), 243–244
Dietary Approaches to Stop Hypertension, 200
dipeptidyl peptidase-4 inhibitors (DPP-4), 225
DKA see diabetic ketoacidosis (DKA)
Dose Adjustment for Normal Eating (DAFNE), 23, 199
DPP see Diabetes Prevention Programme (DPP)
dyslipidemia, 31, 34, 121, 124
dysrhythmias, 120–121
eating disorders
in children and adolescents, 202
in polycystic ovary syndrome, 295
Eat Well Live Well Programme, 255
ectopic fat, 148, 236
education
carbohydrate counting, 178
children and adolescents, 191
  healthy food choices, 199
  physical activity and exercise, 200–201
chronic kidney disease education programmes, 270
continuous subcutaneous insulin infusion, 194
nutrition education, 24
for older people, 225
type 1 diabetes
  adult learning, principles of, 75–76
  components, 75
  group education, 76–77
  learning style, 76
  multidisciplinary teams, 75
  one-to-one education, 77
type 2 diabetes
  diet and behaviour education, 129
  group-based education, 130
  one-to-one education, 129–130
endomysial antibodies (EMA), 287
energy substrates, 81–82, 82
ental nutrition
dietitian, 319–320
specialist enteral formulas, 319
ethnic minority groups, diabetes in
American Diabetes Association classification, 240
atypical ketosis prone diabetes (AKPD), 233, 240–241, 241
clinical management of
macrovascular disease, 244–245
nephropathy, 244
neuropathy and diabetic foot ulceration, 244
retinopathy, 243–244
culturally tailored information sources, 256, 258
definition, 231
designing lifestyle interventions
behavioural interventions, 253–254
culturally sensitive interventions, 253–255
Diabetes UK ‘Community Champions’, 255
Eat Well Live Well Programme, 255
dietary acculturation, 249
dietary habits, factors affecting, 252
diabetic ketoacidosis (DKA), 240
fibrocalculous pancreatic diabetes, 241
glycaemic control
assessment of, 242
management of, 242–243
health education, 255
herbal and traditional remedies, 251–252
lean, ketosis resistant phenotype, 241
lifestyle modifications, cultural barriers, 252–253
malnutrition-related diabetes, 241
pathogenesis, 234–236
periodic insulin deficiency, 240
prevalence
in children, 232–233
of doctor-diagnosed diabetes, 232, 232
 genetic and environmental/lifestyle factors, 233–235
US ethnic groups, 231, 231, 234, 235
recommendations for, dietary interventions, 258
religion and fasting, 251
therapeutic foods, 251–252
traditional diets
African-Caribbean diet, 250, 256, 257
Chinese food, 250–251
Latinos, 250
South Asian diet, 249–250, 256, 256, 257
European Association for the Study of Diabetes (EASD), 19
exercise
childhood diabetes, 200–201, 201
cystic fibrosis-related diabetes, 308
macrovascular disease, 282, 282–283
pregnant women, 170
type 1 diabetes see type 1 diabetes
fasting, 251
fat
childhood diabetes, 200
type 2 diabetes, 116
fibrocalculous pancreatic diabetes, 241
flatbush diabetes see atypical ketosis prone diabetes (AKPD)
fructose
dyslipidemia, 34
hepatic energy status, 32–33
hepatic insulin resistance and DNL, 35
hepatic lipid
and insulin sensitivity, 34
and VLDL production, 33–34
inflammatory factors, 36
lipid metabolism and insulin sensitivity, 32
unregulated hepatic metabolism, 33
uric acid, 35–36
whole body insulin sensitivity, 34–35
gastric emptying scintigraphy (GES), 313
geriatric syndromes, 209, 219
gestational diabetes (GDM), 44
aetiology, 161–162
cystic fibrosis-related diabetes, 309
diagnostic criteria, 9–10
epidemiology, 160–161
risk factors, 164, 173
Global Partnership for Effective Diabetes Management, 74
glomerular filtration rate (GFR), 170, 263, 264
glucagon-like peptide 1 (GLP-1), 107
gluten-free diet (GFD), coeliac disease
Advisory Committee on Borderline Substances, 289
adherence, 290
carbohydrate, 289–290
high fibre food, 290
permitted and not permitted foods, 287–289, 288
glycaemia, nutritional management
type 1 diabetes
body weight, 70
carbohydrate counting, 67–69, 68
carbohydrate types, 69
dietary fibre, 70–71
glycaemic index, 69
insulin dose adjustment, 69–70
macronutrients, in diet, 70
sugars and artificial sweeteners, 69
type 2 diabetes
carbohydrate, 113–115
fat, 115
physical activity, 138–144
protein, 116
weight control, 112–113
glycaemic control
chronic kidney disease, 263–264
diabetic gastroparesis, 313
in ethnic groups
assessment of, 242
management of, 242–243
macrovascular disease see macrovascular disease and diabetes
pregnancy, 169–170
glycaemic index (GI), 19
blood glucose response, 41
blood sampling, 41
carbohydrates, 25, 290
factors, 42–43
and glycaemic load classification, 42
metabolic effects, 45
obesity, 45–46
of oral nutritional supplements (ONS), 318
practical application, 46
real life situations, 46–47
of South Asian-foods, 256
glycaemic load
factors, 42–43
vs. glycaemic index, 42
metabolic effects, 45
obesity, 44–45
real life situations, 46–47
Greater Green Triangle Diabetes Prevention Project, 153
haemodialysis (HD), 266, 269
health belief model, 75
highly active antiretroviral therapy (HAART), 297–298
human immunodeficiency virus (HIV)
HAART, 297–298
insulin resistance
clinical management, 299
lifestyle interventions, 299
nutritional assessment, 298
nutritional management, 299
phenotype of, 298
prevalence of, 297
human leucocyte antigen (HLA), 185
hyperglycaemia
in children and adolescents, 193–194
chronic kidney disease, 263–264
type 2 diabetes, clinical management
implementation strategies, 109
incretin-axis agents, 107–109
lifestyle approaches, 104–105
metformin, 105–106
multiple risk factor approach, 103
sulfonylureas, 106
thiazolidinediones, 106–107
type 1 diabetes, medical management
closed loop systems, 63
immunotherapy and vaccine, 64
insulin dosing, 62–63
insulin treatment, 61–62
islet cell and pancreatic transplantation, 64
treatment targets, 61
hypertension
microvascular disease, 264
obesity, 121
hypoglycaemia
in children and adolescents, 192–193
in cystic fibrosis-related diabetes, 306
type 1 diabetes, 64–65, 71, 85–86
type 2 diabetes, 109
impaired fasting glycaemia (IFG), 209, 210
impaired glucose tolerance (IGT), 3–4, 9, 209, 210, 305
indeterminate glucose tolerance (INDET), 305
insomnia, 213
insulin resistance (IR)
childhood diabetes, 187
definition, 294
HIV, 298–299
non-alcoholic fatty liver disease, 297
older adults, 211
PCOS see polycystic ovary syndrome (PCOS)
type 2 diabetes, 98–99, 121–122
insulin therapy
animal insulin, 108
for children and adolescents
biphasic (twice daily) injections, 192
CSII therapy see continuous subcutaneous insulin infusion (CSII)
dosage of, 192
injection sites and devices, 192
insulin type and regimen, 191–192
patient education, 108–109
preparations of, 108, 108
side-effects of, 108
type 1 diabetes, 61–62
International Society for Pediatric and Adolescent Diabetes (ISPAD), 20, 198
ischaemic heart disease, 273
ketosis-prone type 2 diabetes see atypical ketosis prone diabetes (AKPD)
lean ketosis resistant phenotype, 241
macronutrients, 177–178, 289
carbohydrate, 25–26
chronic kidney disease, 266
in diet, 70
fats, 26
protein, 26
macrovascular disease and diabetes
antiplatelet therapy, 279, 281
blood pressure targets and treatment regimens, 276–278, 279
epidemiology of, 273–274
glycaemic control, interventional effects on
  type 1 diabetes, 274–275, 277
  type 2 diabetes, 275–276, 277
lifestyle interventions, 279–283, 282
lipid lowering therapy, 278–279, 280
mortality and morbidity, 273
malnutrition-inflammation complex syndrome, 270
maturity-onset diabetes of the young (MODY), 187–188
metabolic syndrome, 120
  definition, 121
  features of, 121, 122
  insulin resistance, 122, 235
mean alcohol consumption, 144
nutritional therapy, 123
in older people, 214
in polycystic ovary syndrome, 295
in South Asian and Hispanic populations, 235
type 2 diabetes, 147
metformin
  older adults, 224–225
  type 2 diabetes, 105–106, 106
microvascular disease see chronic kidney disease (CKD)
minority ethnic groups see ethnic minority groups
monounsaturated fatty acids (MUFAs), 319
myocardial infarctions (MIs)
in African-Caribbean patients, 245
antiplatelet therapy, 279
glucose-lowering, 276
incidence of, 274
insulin resistance, 235
lipid lowering therapy, 278
ramipril, 278
relative risk reductions for, 275, 276
neonatal diabetes, 188
new-onset diabetes after organ transplantation, 270
non-alcoholic fatty liver disease (NAFLD)
  clinical management, 297
  lifestyle treatments, 297
  nutritional management, 297
  pathogenesis and consequences, 296–297
nursing home residents, diabetes in, 210
nutrition support, in diabetes
  blood glucose targets, 316–317
  enteral nutrition
    dietitian, role of, 319–320
    specialist enteral formulas, 319
  medication changes
    basal bolus insulin regimes, 320–321
dietary and, 317–318
variable rate intravenous insulin infusion (VRIII), 321
hospital meal service, 318
oral nutritional supplements, 318–319
‘Think Glucose,’ 316
total parenteral nutrition, 321–322
nutrition therapy
glucose outcomes, 22–23
lipids and blood pressure outcomes, 24
macronutrients, 25–26
weight management outcomes, 24
obesity
in childhood diabetes, 200
glycaemic load, 44–45
in older people, 212–213
in pregnancy, 176
type 2 diabetes
  cardiac adiposity, 120
  cardiovascular risk and weight loss, 122–123
dyslipidemia, 121
dysrhythmias, 120–121
hypertension, 121
insulin resistance and inflammation, 121–122
obesity paradox, 123
systemic adiposity, 119–120
older adults, diabetes in, 226–227
annual health assessment, 226
atherosclerosis, 209
blood glucose monitoring, 223–224
in care homes, 210
cause of death, 209, 218
complications, 219
decreased insulin secretion, 211
degenerative processes, 209
delirium, 219
diagnosis, 218
general health care, 223
geriatric syndromes, 209, 219
glucose intolerance, 210
incidence and prevalence, 209–210
increased insulin resistance, 211
management guidelines, 222–223
management strategies
  ‘aging in place programmes’, 220
  blood glucose, blood pressure and lipid
    targets, 220, 220
  glycaemic control, 220
management decisions, 220, 221–222
residential and ageing care facilities
  (RACFs), 219
risk management approach, 220
medicines
  antihypertensive agents, 225, 226
  aspirin, 225
  education programs, 225
  glucose-lowering medicines, 224–225
lipid-lowering agents, 225
morbidity and mortality, cause of, 218
nutrition, 224
pathogenesis, 211, 212, 218
physical activity, 224
prevention of, 214, 215
race and ethnicity, 210
risk factors, 215, 218
  abdominal obesity, 212–213
depression, 213
low socioeconomic status, 213
metabolic syndrome, 214
sleep disturbance, 213
undernutrition, 213–214
vitamin D deficiency, 213
screening, 214, 219
surgical care, 225–226
oral glucose tolerance test (OGTT), 188, 305
oral nutritional supplements (ONS), 318–319
PCOS see polycystic ovary syndrome (PCOS)
periodic insulin deficiency, 240
peripheral arterial disease (PAD)
  blood pressure, 277
  exercise therapy, 282–283
glycaemic control, 275
prevalence, 274
symptomatic disease, 274
peripheral neuropathy, 244
peritoneal dialysis (PD), 269
permanent neonatal diabetes (PNDM), 188
peroxisome proliferator activated receptors gamma (PPARγ), 99
pharmacological therapy, 64, 103, 107, 141
physical activity
  childhood diabetes, 200–201, 201
  ethnic minority patients, 252–253
  for older people, 214, 215, 224
  polycystic ovary syndrome, 296
pregnancy, 179
type 1 diabetes
  activity type and implications, 84
  blood glucose response and insulin levels, 83
  carbohydrate, 86–87
diabetic ketoacidosis, 83
endocrine system, 82–83
energy metabolism, 81
energy substrates, 81–82, 82
exercise guidelines, 83–84, 84
fatigue and carbohydrate metabolism, 82
fluid requirements, 88
glucose transporter proteins, 82
hypoglycaemia, 85–86
oxygen consumption, 80
protein requirements and sport, 87–88
restrictions/outright bans, 80, 81
weight training and glycaemia, 84–85
type 2 diabetes, 6
  aerobic exercise see aerobic exercise
  alcohol, 144–145
  complications, 143
diet, 144
  and hypoglycaemia, 143
prevention, 138–139
risk of, 143
polycystic ovary syndrome (PCOS)
clinical management, 295
diagnostic criteria for, 294
genetic heritability, 295
insulin resistance, 294–295
nutritional assessment, 295, 296
patient-centred consequences, 295
prevalence of, 294
symptoms, 294
weight and nutritional management, 296
pre-diabetes, 209, 210
pregnancy
  antenatal clinic, 169
carbohydrate, 177–178
cystic fibrosis-related diabetes, 309
diabetes complications, 170
energy requirements, 176–177
foetal monitoring, 171–172
gestational diabetes
  aetiology, 161–162
epidemiology, 160–161
  risk factors, 164
glycaemic control, 169–170
hypoglycaemia, 170
lactation, 179
obesity, 176
perinatal care, 172
physical activity, 179
postnatal care, 172
pre-conception care, 168–169
pre-gestational type 1 diabetes
  aetiology, 161
  risk factors, 162–163
pre-gestational type 2 diabetes
  aetiology, 161
  risk factors, 162–163
pregnancy weight gain, 177
pre-pregnancy, 176
screening, 172–173, 173
treatment regimens
diet and exercise, 170
insulin, 171
  metformin and hypoglycaemic agents, 170–171
Project POWER, 256
protein
  childhood diabetes, 200
type 2 diabetes, 116
Index

- Protein deficient pancreatic diabetes, 241
- Protein energy malnutrition (PEM), 269
- Quality use of medicines (QUM), 223
- Ramipril, 278
- Real-time continuous glucose monitoring, 195
- Recreational and prescription drugs, 89–90
- Religion and fasting, 251
- Residential aged care facilities (RACF), 219
- Saturated fatty acid (SFA), 26
- Sick day rules, 193–194
- Sliding scale see variable rate intravenous insulin infusion (VRIII)
- Social cognitive theory, 75
- Sodium glucose transporter 2 (SGLT-2) inhibitors, 108
- South Asian diet, 249–250, 256, 256, 257
- Stroke
  - Lipid lowering therapy, 278, 279
  - Rate of mortality, 273
  - Risk factors for, 274, 281
  - Sulfonylureas, 97, 98, 106, 107, 307
- Thiazolidinediones (TZDs), 106–107
  - ‘Think Glucose,’ 316
- Total parenteral nutrition (TPN), 321–322
- Transient neonatal diabetes (TNDM), 188
- Transplantation, 270
- Type 1 diabetes
  - Alcohol, 88–89
  - Carbohydrate counting and exchanges, 19
  - Cardiovascular risk, 64
- Cystic fibrosis-related diabetes
  - Characteristics of, 303, 304
  - Insulin, 307
  - Nutritional management, 307–308, 308
- In children see childhood diabetes classification, 10
- Clinical presentation, 60
- Education
  - Adult learning, principles of, 75–76
  - Components, 75
  - Group education, 76–77
  - Learning style, 76
  - Multidisciplinary teams, 75
  - One-to-one education, 77
  - UK recommendations, 75
- Environmental triggers, 57
- GI diets, 44
- Glycaemia, nutritional management of
  - Body weight, 70
  - Carbohydrate counting, 67–69, 68
  - Carbohydrate types, 69
- Dietary fibre, 70–71
- Glycaemic index, 69
- Insulin dose adjustment, 69–70
- Macronutrients, in diet, 70
- Sugars and artificial sweeteners, 69
- Hyperglycaemia, medical management
  - Closed loop systems, 63
  - Immunotherapy and vaccine, 64
  - Insulin dosing, 62–63
  - Insulin treatment, 61–62
  - Islet cell and pancreatic transplantation, 64
  - Treatment targets, 61
- Hypoglycaemia, 64–65, 71
- Incidence, 53–54, 54, 55
- Pathogenesis, 53–54, 54, 56, 56–57
- Physical activity
  - Activity type and implications, 84
  - Blood glucose response and insulin levels, 83
  - Carbohydrate, 86–87
  - Diabetic ketoacidosis, 83
  - Endocrine system, 82–83
  - Energy metabolism, 81
  - Energy substrates, 81–82, 82
  - Exercise guidelines, 83–84, 84
  - Fatigue and carbohydrate metabolism, 82
  - Fluid requirements, 88
  - Glucose transporter proteins, 82
  - Hypoglycaemia, 85–86
  - Oxygen consumption, 80
  - Protein requirements and sport, 87–88
  - Restrictions/outright bans, 80, 81
  - Weight training and glycaemia, 84–85
- Pregnancy see pregnancy prevention, 5
- Recreational and prescription drug, 89–90
- Type 2 diabetes
  - Aetiology and pathogenesis
    - Beta-cell failure, 98, 98
    - Genetic influences, 97
    - Insulin resistance, 98–99
    - Toxic environment, 99–100
  - Behaviour change
    - Healthcare professional communication skills, 123–135, 133, 134
    - Interventions, 130–131
    - Resources, 131–132
  - Cystic fibrosis-related diabetes
    - Characteristics of, 303, 304
    - Nutritional management, 307–308, 308
- In children see childhood diabetes
- Chronic kidney disease
  - Cardiovascular risk management, 263
  - Prevalence of, 263
  - Screening for, 263
classification, 10
diet and behaviour education, 129
dietary management, 18
diet quality, 148–150, 149
epidemiology, 95–96, 96
in ethnic minority groups see ethnic minority groups, diabetes in
GI diets, 43–44
glycaemia, nutritional management of
carbohydrate, 114–115
fat, 115
nutritional supplements, 115–116
protein, 116
weight control, 112–113
group-based education, 130
hyperglycaemia, clinical management
implementation strategies, 109
incretin-axis agents, 107–109
lifestyle approaches, 104–105
metformin, 105–106
multiple risk factor approach, 103
sulfonylureas, 106
thiazolidinediones, 106–107
Mediterranean dietary pattern, 150
Mediterranean diet, CV risk, 124–125
metabolic abnormalities, 147
non-modifiable risk factors, 147
obesity see obesity
in older adults
blood glucose monitoring, 223
pathogenesis, 211, 212, 218
prevention, 214, 215
one-to-one education, 129–130
physical activity
aerobic exercise see aerobic exercise
alcohol, 144–145
complications, 143
diet, 144
and hypoglycaemia, 143
prevention, 138–139
risk of, 143
positive energy balance and weight gain, 147–148
pregnancy see pregnancy
prevention
dietary components, 6
guidelines, 6
lifestyle interventions, 5, 152, 153
long-term effects, 152–153
physical activity, 6
weight loss, 5
screening
questionnaires and risk scores, 150, 151
venous plasma samples, 150, 152
smoking, 150
TZDs see thiazolidinediones (TZDs)
UK Prospective Diabetes Study (UKPDS), 18, 23, 235, 242, 244
variable rate intravenous insulin infusion (VRIII), 321
very low density lipoprotein (VLDL), 33–34, 121, 235, 278
vitamin D deficiency, 213