

American Journal of Lifestyle Medicine (AJLM) CME/CE Article Quiz Volume 16, Issue 3

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Instructions

1. AJLM CME/CE Articles and Quizzes are offered online only through the American College of Lifestyle Medicine and are accessible at lifestylemedicine.org/store. ACLM Members can enroll in the activity, complete the quiz, and earn this CME/CE for free. Non-members will be charged \$40 per article. This CME/CE opportunity is available and expires June 1, 2025.
2. A Passing score of 80% or higher is required in order to be awarded the CME/CE credit.

Article: Dietary Interventions to Treat Type 2 Diabetes in Adults with a Goal of Remission: An Expert Consensus Statement from the American College of Lifestyle Medicine

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Learning Objectives: After studying the article you will be able to:

1. Define the criteria for type 2 diabetes (T2D) remission
2. Describe key dietary intervention features to induce T2D remission
3. Identify weight loss targets to use in helping patients achieve T2D remission
4. Identify appropriate labs to gauge the likelihood of T2D remission

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This activity has been approved by the Commission on Dietetic Registration for 1.0 CPEUs.

The American Board of Lifestyle Medicine has approved 1.0 maintenance of certification credit for this learning activity.

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- 1. A 39-year-old female diagnosed with type 2 diabetes (T2D) has been following a predominantly whole food, plant-based diet (WFPBD) to try and achieve disease remission. According to the expert consensus statement, remission of T2D should be defined as achieving a hemoglobin a1c (HbA1c) <6.5% without the use of surgery, devices, or pharmacologic therapy to lower blood glucose for at least:**

 - 3 months
 - 9 months
 - 12 months
 - 24 months
- 2. A 50-year-old male with T2D and hypertension is working to change his diet to help manage his diabetes. He asks what the most important aspect of changing his diet should be to help achieve remission of T2D. According to the consensus statement, successfully using diet to achieve remission is related to the:**

 - Amount of energy restriction achieved
 - Intensity of the diet intervention
 - Level of carbohydrate restriction of the diet intervention
 - Avoidance of refined sugars in the diet intervention
- 3. A 59-year-old male with T2D and body mass index (BMI) of 32 would like to implement lifestyle changes to help him lose weight and improve his diabetes. The patient would like to lose at least 40 pounds. According to the consensus statement, the impact of weight loss in helping with remission of T2D is related to the**

 - Absolute amount of weight loss
 - Number of ultra-processed carbohydrates consumed daily
 - Percentage of body weight lost
 - Total number of calories consumed daily
- 4. A 48-year-old female has had T2D for 6 years. She was on placed on Metformin, though wonders if remission is still possible. According to the consensus statement, which of the following labs would be most helpful in measuring insulin resistance, assessing progress with therapy, and defining expectations surrounding the likelihood of remission?**

 - Fasting glucose
 - Fasting insulin
 - HOMA-IR
 - Oral glucose tolerance test
- 5. A 39-year-old male with a BMI of 29 and newly diagnosed T2D is exploring different treatment options. Which of the following dietary changes did the consensus statement identify as being an essential component in promoting T2D remission?**

 - Avoidance of meal replacements
 - Consuming a high fiber diet
 - Ensuring adequate intake of omega-3 fatty acids

d. Intermittent fasting or time-restricted eating