

Insulin Resistance

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Overview

Suggested CDR Learning Codes: 5190, 5400, 5410, 5420; Level 2

To support dietitians in helping clients and patients address and possibly even reverse insulin resistance, this continuing education article reviews the current theory and research regarding the condition's etiology and major risk factors as well as the role it may play in the development of type 2 diabetes and CVD.

Course content appeared as the CPE Monthly in the July 2013 issue of **Today's Dietitian**. It was written by Rita Carey Rubin, MS, RD, CDE, a dietitian and certified diabetes educator practicing in northern Arizona.

Learning Objectives

After completing this continuing education course, nutrition professionals should be better able to:

1. Define insulin resistance.
2. Evaluate the major risk factors for developing insulin resistance.
3. Explain how central obesity and a high-fat diet may influence the development of insulin resistance.
4. Analyze the role insulin resistance may play in the development of type 2 diabetes and cardiovascular disease.
5. Assess the lifestyle modifications that may improve insulin sensitivity and reduce insulin resistance.

Course summary

Available credit:

- 2.00 CDR

Course opens: 06/28/2013

Course expires: 06/28/2014

Cost:\$24.00

Accreditation

Register/Take course