Diabetes Spectrum is committed to assisting health care professionals in developing strategies to individualize treatment and enhance diabetes self-management education to optimize patient outcomes. It presents comprehensive, peer-reviewed original research and review articles on topics in diabetes prevention and medical management, care innovations, professional and patient education, medical nutrition therapy, behavioral science and counseling, pharmacy and therapeutics, and advocacy. The journal’s From Research to Practice section provides in-depth explorations of selected diabetes care topics, with a primary focus on translating current research findings into practical clinical applications.

Diabetes Spectrum (Print ISSN 1040-9165; Online ISSN 1944-7353) is published every February, May, August, and November by the American Diabetes Association, Inc., 2451 Crystal Drive, Suite 900, Arlington, VA 22202. ©American Diabetes Association®, Inc., 2020. All rights reserved under the International and Pan-American Copyright Convention. This publication may not be reproduced in whole or in part without written permission of the American Diabetes Association®, Inc.

Periodical postage paid at Arlington, VA, and additional mailing offices. For subscription information, call toll free (800) 232-3472, 8:30 a.m. to 5:00 p.m. EST, Monday through Friday. Outside the U.S., call (703) 549-1500.

Claims for missing issues must be made within 6 months of publication. The publisher expects to supply missing issues free of charge only when losses have been sustained in transit and when the reserve stock permits.

POSTMASTER: Send change of address to Diabetes Spectrum COA, 2451 Crystal Drive, Suite 900, Arlington, VA 22202.

Opinions expressed in signed articles are those of the authors and are not necessarily endorsed by the American Diabetes Association.

Printed in the USA.

ASSOCIATE EDITORS
Jane K. Dickinson, RN, PhD, CDE
Andrea V. Dunn, RD, LD, CDE
Laura Hieronymus, DNP, MSEd, RN, MLDE, BC-ADM, CDE, FADE
Joshua Neumiller, PharmD, CDE
Susana R. Patton, PhD, CDE
Katia Cristina Portero McLeHan, PhD, RDN
Jane Jefri Seley, DNP, MSN, MPH, GNP, RN, BC-ADM, CDE, CDTD, FADE, FAAN
Carolina Solis-Herrera, MD
Jennifer M. Trujillo, PharmD, FCCP, BCPS, CDE, BC-ADM

EDITORIAL BOARD
Anastasia Albanese-O’Neill, PhD, APRN, CDE
Veronica Joyce Brady, PhD, RN, FNP-BC, BC-ADM, CDE
Nicole M. Bereolos, PhD, MPH, MSCP, CDE
Erica F. Crannage, PharmD, BCPS, BCACP
Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDE
Meghan Jardine, MS, MBA, RDN, LD, CDE
Cheyenne Newsome, PharmD, PhC, BCACP
Jeremy Pomero, PhD
Elizabeth Quintana, EdD, RD, LD, CDE
Clipper F. Young, PharmD, MPH, CDE, BC-ADM

ADVERTISING
American Diabetes Association
Paul Nabbandian
Associate Publisher, Advertising & Sponsorships
pnnabbandian@diabetes.org
(703) 253-4806

Tina Auletta
Senior Account Executive
tauletta@diabetes.org
(703) 253-4809

Pharmaceutical/Device Digital Advertising
eHealthcare Solutions
R.J. Lewis
President & CEO
rlewis@ehsmail.com
(609) 882-8887, ext. 101

CONNECT WITH US
facebook.com/ada_journals
twitter.com/ada_journals

AMERICAN DIABETES ASSOCIATION STAFF
Associate Publisher, Scholarly Journals
Christian S. Kohler
Director, Scholarly Journals
Heather Norton Blackburn
Associate Director, Scholarly Journals
Keang Hoo
Managing Editor
Debbie Kendal
Peer Review Manager
Joan Garrett
Production Coordinator
Saleha Malik
Proofreader
Wendy Martin-Shuma
Senior Advertising Manager
Julie Devos Graff
Director, Membership/Subscription Services
Donald Crowl
Senior Manager, Billing & Collections
Josh Flores

AMERICAN DIABETES ASSOCIATION OFFICERS
Chair of the Board
Umesh Verma
President, Medicine & Science
Robert H. Eckel, MD
President, Health Care & Education
Mary de Groot, PhD
Secretary/Treasurer
Martha Parry Clark, MBA
Chair of the Board-Elect
John Schlosser
President-Elect, Medicine & Science
C. Ronald Kahn, MD
President-Elect, Health Care & Education
Cynthia Muñoz, PhD, MPH
Secretary/Treasurer-Elect
Christopher Ralston, JD
Interim Chief Scientific, Medical & Mission Officer
Kenneth Moritsugu, MD
Chief Executive Officer
Tracey D. Brown, MBA, BChE