

The Healthy Diet and Lifestyle Study 2 (HDLS2)

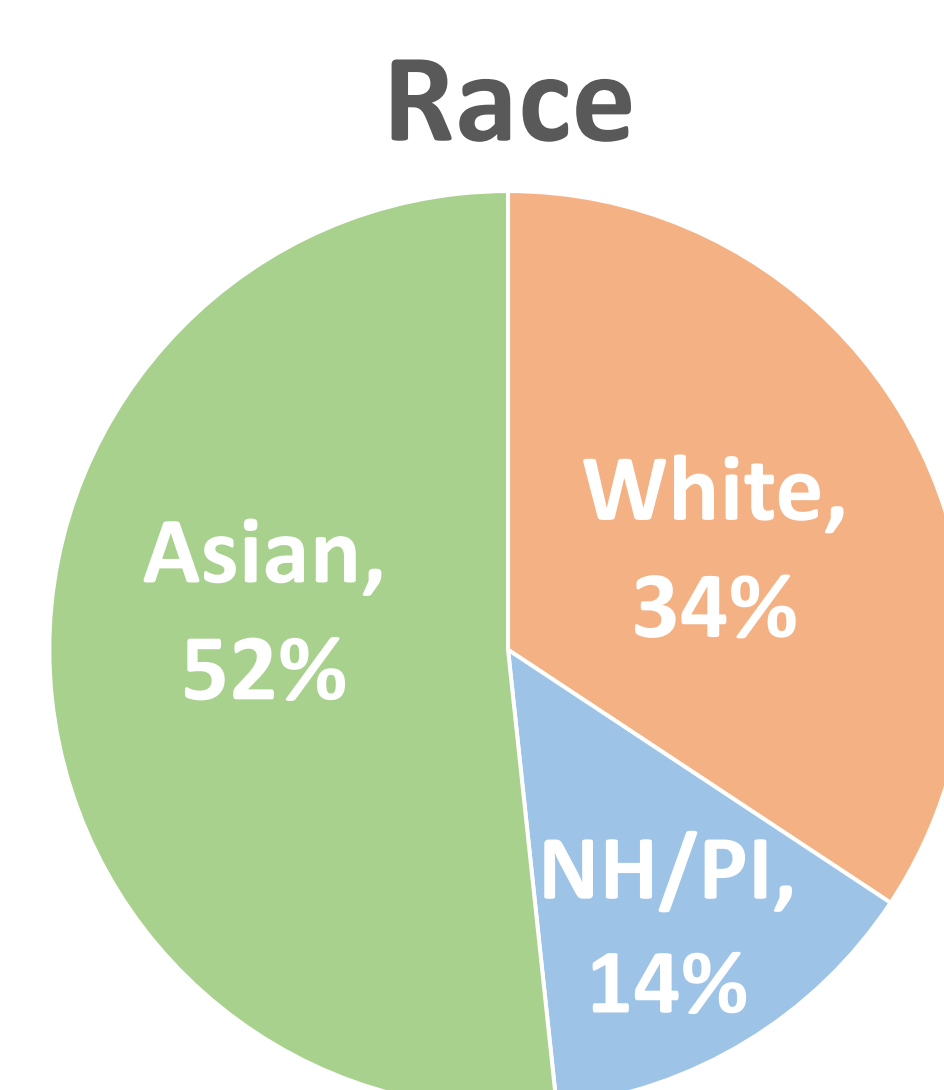
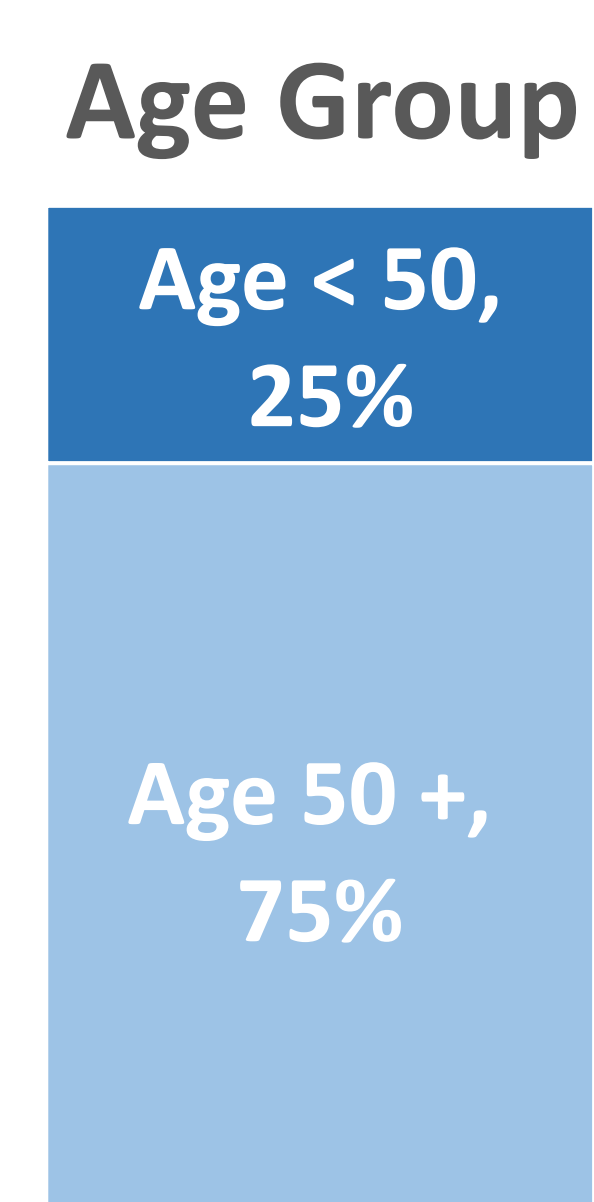
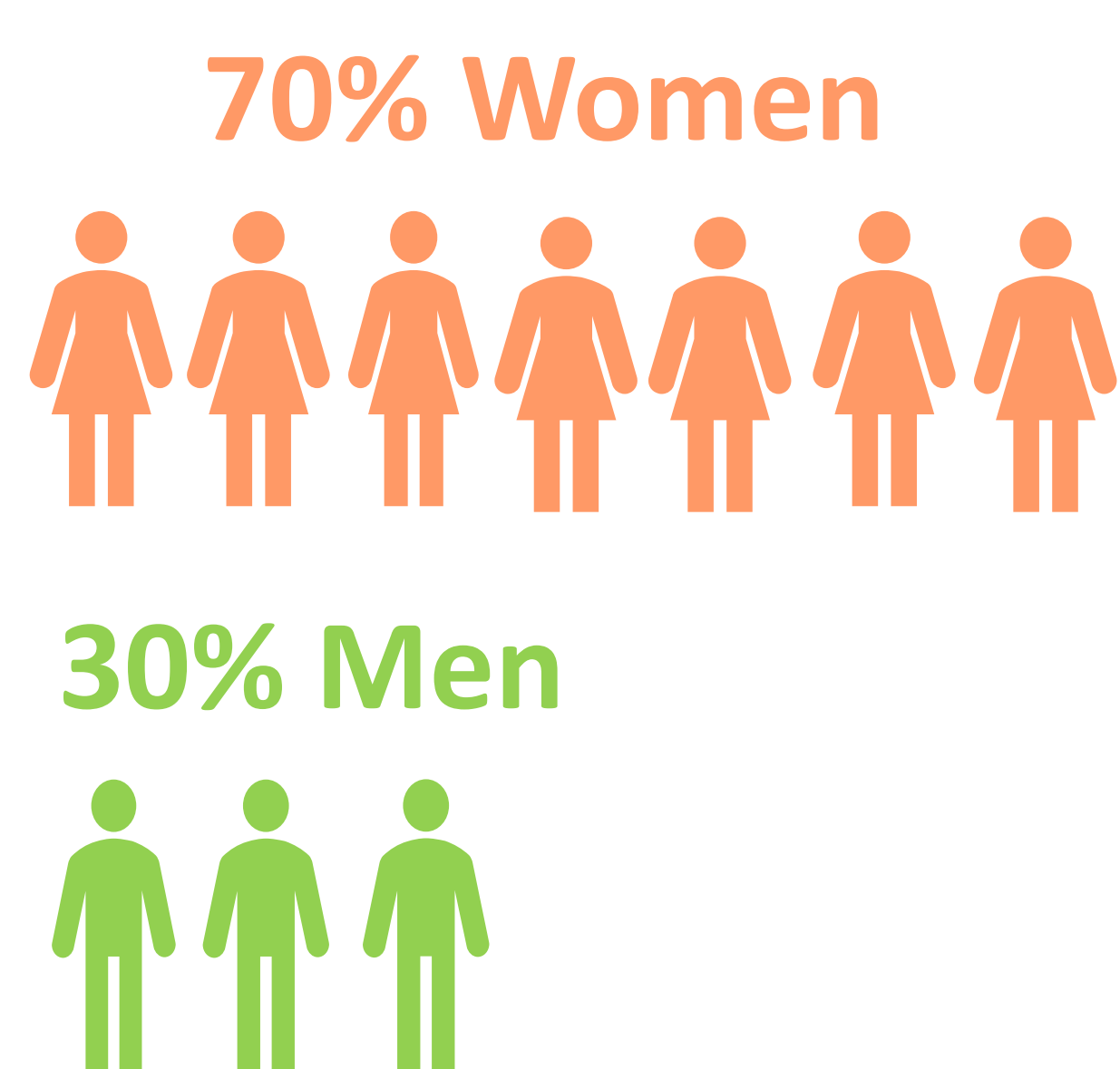
Background

- High levels of fat stored around the organs inside the abdomen (visceral adipose tissue) can increase the risk of some chronic diseases and certain types of cancers
- Intermittent energy restriction combined with a Mediterranean diet has been previously shown to reduce body fat
- A 12 week pilot study in 2016 & 2017 explored the feasibility and efficacy of an intermittent energy restriction diet compared to the “Dietary Approaches to Stop Hypertension” diet at reducing visceral adipose tissue, modifying the gut microbiome, and of diet adherence

HDLS2

- HDLS2 expanded on the pilot to explore intermittent energy restriction compared to daily energy restriction, both combined with a Mediterranean diet, for 24 weeks
- Enrollment was completed in the summer of 2025 and the last participants will complete the intervention in January 2026
- Initial eligibility criteria included Oahu residents aged 35 – 69, non-smokers, BMI 25 – 40, and East Asian, South Asian, Native Hawaiian (NH), Pacific Islander (PI), or White ancestry

Who enrolled in the study? (n=207)



Visceral abdominal fat can increase the risk of some diseases and cancers

Energy (calorie) restriction combined with a Mediterranean diet may reduce body fat

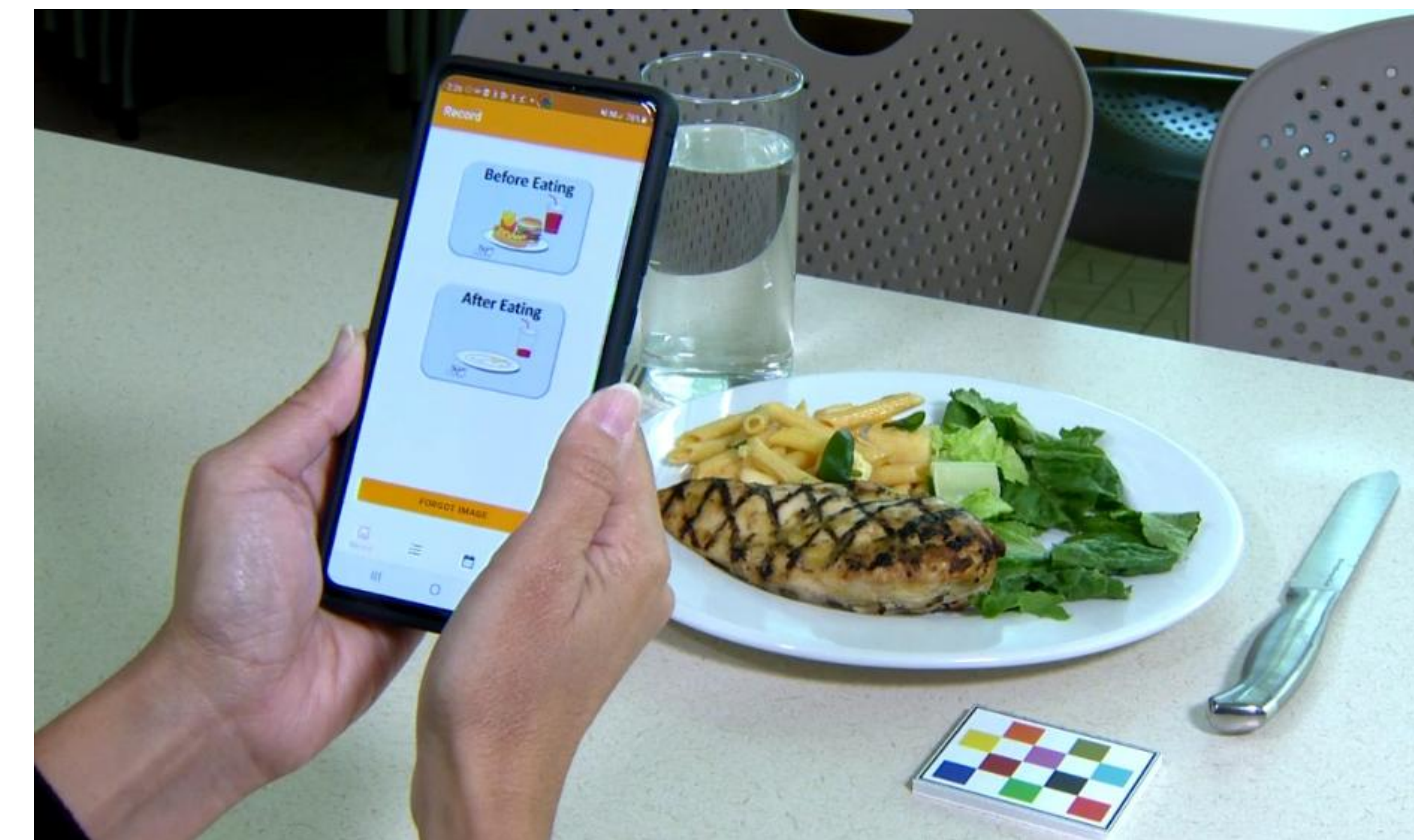
The main goal of the HDLS2 study was to compare the efficacy of intermittent and daily energy restriction diets at reducing visceral fat

Participants followed the diet for 24 weeks while working with a nutritionist

For more information about this study, contact **(808)237-3901** at the UH Cancer Center

What did study participants do?

- Participants were randomly assigned to either the intermittent or daily energy restriction groups, both combined with a Mediterranean diet, and:
 - Followed the diet for 24 weeks under the counseling of a nutritionist
 - Participated in regular exercise
 - Used the study’s mobile phone app to take photos of their food on specific days
 - Attended study visits to obtain body measurements, including imaging of body fat, at three time points throughout the study



Next steps

- Complete intervention for current participants by January 2026
- Complete data analysis, including analysis of stool data to assess diet-related changes in the microbiome, and analysis of diet adherence data
- Renew the grant to expand the study