



The UH Cancer Center is seeking individuals aged 35 – 69 to participate in the Healthy Diet and Lifestyle Study II. The study examines the impact of two calorie-restricted diets on reducing intra-abdominal fat and overall body fat in adults. Participants are randomly assigned to one of two energy (calorie) restriction plans, both based on the health-promoting Mediterranean-type diet.

The study offers unique benefits, including 24 weeks of dietary counseling supervised by a nutritionist and detailed body composition analysis using dual-energy X-ray absorptiometry (DEXA) to assess fat distribution.

Individuals may be eligible if they meet the following criteria:

- Oahu resident
- East Asian (Japanese, Chinese, Korean), Filipino, Native Hawaiian, Pacific Islander, or White ancestry
- 35 to 69 years old
- Are slightly or more than slightly overweight
- Have not smoked in the last 2 years
- Would like to improve eating and exercise habits for 24 weeks

For more information or to see if you are eligible, call (808) 237-3901 or email hdls2@cc.hawaii.edu, or visit our website: <https://www.uhcancercenter.org/community-outreach/participate-in-a-research-study/healthy-diet-and-lifestyle-study>