

DIRECT DIABETES RISK STUDY

Daily vs **I**ntermittent **R**estriction of **E**nergy: **C**ontrolled **T**rial to Reduce Diabetes Risk (DIRECT)

This study is examining the effects of intermittent fasting versus daily dietary restriction, and as compared to standard care, on markers of metabolic health over an 18 month study period.

STUDY COORDINATORS: Xiao Tong (Rachel) Teong, Dr Amy Hutchison, A/Prof Leonie Heilbronn

CRITERIA:

You **may** qualify for the study if you:

- Are aged 35-75 years
- Have a waist circumference ≥ 80 cm for women or 94 cm for men
- Are overweight (BMI > 25 kg/m²). You can calculate your BMI by dividing your weight (kg) by the square of your height (m).

CONTACT: Please call Xiao Tong (Rachel) 8128 4468 or email prefer@adelaide.edu.au for more information.

You will be required to attend our Research Facility at SAHMRI on North Terrace on ~20 occasions over 18 months. You will be reimbursed for your time.

This study has been approved by the Royal Adelaide Hospital Research Ethics Committee