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Principal Investigator Dr. Kelly Allison and Dr. Namni Goel

Study Title: Meal Timing and Metabolism Study

Purpose:

The timing of food consumption is now recognized as a significant contributor to body weight regulation and metabolic functioning. However, most studies have been in rodents or normal weight persons. The proposed study extends this work, including Drs. Allison and Goel's previous work on the randomized study of daytime vs. delayed eating among healthy adults, to metabolically healthy persons with obesity, but who remain at risk of developing Metabolic Syndrome (MetS) and diabetes. The study would represent the first randomized controlled experimental study in obese adults to provide isocaloric meals and snacks to participants in a free-living environment over a 8-wk period on each prescribed eating condition: daytime eating and delayed eating.

Brief Description

Participants will participate in 2 conditions, each lasting 8 weeks. During one condition, we'll ask them to eat all of their meals and snacks on a daytime schedule (i.e. between the hours of 8am and 7pm). During the other condition, we'll ask them to eat all of their meals and snacks on a delayed schedule (i.e. between the hours of 12noon and 11pm). Everyone who participates in the study will be in both conditions with a 2 week washout period in between conditions. Participants will be asked to record their food intake, to keep their exercise and sleep schedules constant across conditions, and to wear an Actiwatch activity tracker. Participants will be required to attend 2 in-person screening visits to assess eligibility. Once enrolled in the study, participants will have 4 overnight assessment visit stays at HUP, each lasting about 30 hours, where they will undergo a series of blood draws and testing. These overnight visits will occur immediately before and after each 8-week eating condition.

Eligibility

- Obese with a BMI between 30-50
- Between the ages of 21 and 50 years old
- Non-smoking
- Not working a night shift
- Not going to bed regularly after midnight or waking up regularly after 9:00 am
- Willing to eat food provided by the study for up to 16 weeks

Compensation (if applicable)

Food and compensation will be provided.

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Web Site <https://clinicalresearch.itmat.upenn.edu/clinicaltrial/5169/tbd-randomized-controlled-trial-examining/>