Women and Men Experience Different Benefits from Low-Calorie Diets

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A low-calorie diet causes different metabolic effects in women than in men, a new Diabetes, Obesity and Metabolism study suggests.

In the study of more than 2,000 overweight individuals with pre-diabetes who followed a low-calorie diet for 8 weeks, men lost significantly more body weight than women, and they had larger reductions in a metabolic syndrome score, a diabetes indicator, fat mass, and heart rate. Women had larger reductions in HDL-cholesterol, hip circumference, lean body mass (or fat free mass), and pulse pressure than men.

“Despite adjusting for the differences in weight loss, it appears that men benefitted more from the intervention than women. Whether differences between genders persist in the long-term and whether we will need to design different interventions depending on gender will be interesting to follow,” said lead author Dr. Pia Christensen, of the University of Copenhagen, in Denmark.

“However, the 8-week low-energy diet in individuals with pre-diabetes did result in the initial 10% weight loss needed to achieve major metabolic improvement in the first phase of a diabetes prevention programme.”

Additional Information:


About Journal:

Diabetes, Obesity and Metabolism is primarily a journal of clinical and experimental pharmacology and therapeutics covering the interrelated areas of diabetes, obesity and metabolism. The journal prioritises high-quality original research that reports on the effects of new or existing therapies, including dietary, exercise and lifestyle (non-pharmacological) interventions, in any aspect of metabolic and endocrine disease, either in humans or animal and cellular systems. ‘Metabolism’ may relate to lipids, bone and drug metabolism, or broader aspects of endocrine dysfunction. Preclinical pharmacology, pharmacokinetic studies, meta-analyses and those addressing drug safety and tolerability are also highly suitable for publication in this journal. Original research may be published as a main paper or as a research letter.

The journal also invites review articles that are balanced, comprehensive and provide new and/or critical analysis of any aspect of drug therapy (or non-pharmacological intervention) relevant to patients with diabetes, obesity or metabolic disorders. The journal will also consider publication of letters to the editor commenting on research already published in the journal, as well as manuscripts describing new hypotheses or clinical trial protocols.

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