IDEO Obesity Cohort

Ethnic Differences in Obesity and Obesity-related Complications

Study Name: Inflammation, Diabetes, Ethnicity and Obesity (IDEO) Cohort

Principal Investigator: Suneil Koliwad, MD

What is this study about? With increasing obesity rates, the number of people with type 2 diabetes is rising across the world, but the incidence is considerably higher in Asians and Hispanics than in whites. The IDEO Cohort study was established to investigate the association of ethnicity with obesity, type 2 diabetes mellitus (T2DM) and other obesity-related complications.

Who can sign up for this study? We are recruiting men and women, ages 25-65 years, who are of Chinese, Hispanic, or Caucasian origin.

Volunteers may NOT have any of the following conditions:

- Heart disease
- Kidney problems
- Active infections
- HIV/AIDS
- Pregnancy or breastfeeding
- Autoimmune disorders
- History of liver problems, Hepatitis B or C

Requirements:

- 1 UCSF research office visit
- Blood draws/Physical Exam
- Dual-energy x-ray absorptiometry (DXA): this is a simple, 20-minute body fat test that takes a comprehensive snapshot of your exact breakdown of bone, fat tissue, and muscle mass
- Stool sample
- Fat tissue biopsy
- 8 questionnaires about diet, exercise, and eating behaviors
Compensation: You will not be charged for any of the study treatments and will be eligible for reimbursement for your time and effort. In addition, you will receive the results of some of the blood tests, and the DXA scan for free.

Location: UCSF Parnassus campus: 400 Parnassus Ave., Room A101

https://www.ucsf.edu/maps [1]

For more information: Please contact the study staff at:

- Email: ob.cohort@ucsf.edu [2]
- Telephone: 415-476-4661