Evening preference linked to higher BMI in type 2 diabetes

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(HealthDay)—Evening preference and a later breakfast are associated

with elevated body mass index (BMI) in adults with type 2 diabetes, according to a study published online April 13 in *Diabetic Medicine*.

Hataikarn Nimitphong, M.D., from Mahidol University in Bangkok, and colleagues examined the correlations among meal timing, morning-evening preference, and BMI in 210 non-shift workers with type 2 diabetes. Morning-evening preference was assessed using the Composite Scale of Morningness, while one-day food recall was used to assess meal timing and daily calorie intake.

The researchers found that a higher BMI was correlated with greater evening preference (P = 0.019) and with late breakfast time (P = 0.053). There were no correlations for BMI with other mealtimes or calorie intake. Evening preference was significantly associated with late breakfast time (P

"These results suggest that circadian preference and meal timing are novel and possibly modifiable risk factors for obesity in type 2 diabetes," the authors write.

Two authors disclosed financial ties to the pharmaceutical industry.

More information: Abstract/Full Text (subscription or payment may be required)