

A53 The H.E.A.T (Healthy Eating, Active and Support) programme

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The study's objective is to evaluate the effectiveness of the H.E.A.T (Healthy Eating, Active and Support) programme among adults. The study involves three phases: Phases 1, a needs analysis to look at the need for a healthy lifestyle and weight control programme. The H.E.A.T programme requirement analysis will be made through document analysis and interviews with users and implementers. Phases 2 designs modules that will be used as educational materials in the programme. Modules are built using the Sidek Module Development Model (MPMS, 2005). Next, the validity and reliability of the module will be evaluated using the internal consistency method and looking at the Cronbach's Alpha values. Module components cover eating behaviour, physical activity and social support using Social Cognitive Theory (S.C.T). A quasi-experimental study will be selected in phase 3 to evaluate module effectiveness because the participants are not randomly selected. One hundred twenty-nine ($n=129$) young adults aged 18-35-year-old who has a normal body mass index (BMI) will be recruited from three FELDA settlements in Bentong, Pahang. The participants will be divided into three groups face-to-face group from FELDA Lurah Bilut, an online group from FELDA Mempaga and a control group from FELDA Chemomoi. These three settlement areas have similar sociodemographic characteristics regarding education and household income. The assessment parameters for evaluating the programme's effectiveness are eating behaviours, physical activity, body composition and social support conducted at three intervals: pre-intervention, post- intervention and three-month follow-up. Face-to-face and online interventions will be conducted for six sessions (once every two weeks within three months). The expected outcome is that participants in the face-to-face and online interventions will show more positive eating habits and physical activity behaviours by leading a healthy lifestyle while preventing weight gain than the control participants.