

A07 Association between nutrition status and health-related quality of life among Universiti Malaysia Sabah undergraduate students

Chan V and Khor BH

Nutrition Programme, Faculty of Food Science and Nutrition, Universiti Malaysia Sabah, Kota Kinabalu

Poor nutritional status has a significant impact on quality of life, but there is a scarcity of studies investigating nutritional status and quality of life among undergraduates, who are likely to consume poor-quality diets. This study, therefore, aimed to determine the association between nutritional status and health-related quality of life (HRQoL) among Universiti Malaysia Sabah (UMS) undergraduates. This was a cross-sectional study involving 200 UMS undergraduates, who were recruited through convenient sampling from October 2021 to January 2022. Data were collected from the subjects via an online questionnaire. Assessment of nutritional status included self-reported anthropometric measurements such as weight, height, and waist circumference as well as dietary intakes assessed using the 24-hour dietary recall. HRQoL was assessed using the 36-Item Short Form Survey (SF-36). Statistical analyses included descriptive analysis and Spearman correlation test. Majority of the subjects were female (84.2%), Chinese (40.8%), and 4th year students (54.2%). The mean body mass index and waist circumference was 22.4 ± 4.3 kg/m² and 76.5 ± 10.1 cm respectively. The mean energy intake was 1454 ± 436 kcal/day, with the macronutrient distribution of 49% carbohydrate, 17% protein, and 34% fat. The subjects had the highest score for the physical functioning domain (84.3 ± 17.1) while the vitality domain was scored the lowest (54.5 ± 17.6). Waist circumference had a weak association ($r=0.18$, $p=0.05$) with the general health domain while body weight had a weak association ($r=0.18$, $p=0.04$) with vitality domain. Similarly, dietary protein intake had a weak association ($r=0.23$, $p=0.01$) with the emotional role limitation domain. Body mass index and other nutrient intakes were not significantly associated with any HRQoL domain (all $p>0.05$). In conclusion, body weight, waist circumference, and dietary protein intake were associated with HRQoL and could be the potential target of intervention to improve the HRQoL among UMS undergraduates.