

## **B21 Association between sociodemographic factors and body mass index (BMI) with fruits and vegetables intake among adults in the West Coast in Peninsular Malaysia**

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Malaysian Dietary Guidelines 2020 suggested five servings of fruits and vegetables should be taken every day to meet the daily nutrient requirements. Therefore, this study aimed to determine the percentage of fruit and vegetable intake among adults and to discover the preferences and purchasing patterns of fruit and vegetable intake. Besides, it was also aimed to determine the association between sociodemographic factors and body mass index (BMI) among adults in the West Coast Malaysia. In this cross-sectional study, sociodemographic information and dietary data of fruit and vegetable intake of adults aged 18 to 59 years old were collected using an online self-administered questionnaire. Overall, the percentage of fruit and vegetable intake among adults that met the food pyramid recommendations was (15.4%). Females have a higher percentage of meeting the recommended servings at (70.5%) compared to males. Adults aged 20-29, and those with a Bachelor's Degree/Degree/Ph.D., Masters have a greater prevalence of achieving the recommended daily fruit and vegetable consumption (55.7%) and (54.1%) respectively. Nevertheless, it was found that the majority of the adults like to purchase fruits and vegetables in a hypermarket. The most preferred fruits were banana, apple, and mango and the most preferred vegetables were lettuce, cabbage, and broccoli. It was found that Malaysian adults like to purchase fruit and vegetable in a weekly manner. Meanwhile, a Chi-square test revealed no significant association between age ( $p=0.87$ ), gender ( $p=0.78$ ), ethnicity ( $p=0.49$ ), educational level ( $p=0.71$ ), monthly income level ( $p=0.80$ ), and BMI ( $p=0.98$ ), respectively ( $p\text{-value}>0.05$ ). Awareness of the health advantages of fruits and vegetable consumption is critical in motivating Malaysians to reach their daily food recommendations. Thus, fruit and vegetable consumption should be promoted and educated to Malaysians of all ages.