

A20 Impact of COVID-19 on dietary intake, sleeping patterns and physical activity levels among university students

Lee LZ and Cheng SH

School of Biosciences, Faculty of Science and Engineering, University of Nottingham Malaysia

The COVID-19 pandemic has brought a significant impact on people's behaviour and lifestyles, particularly, dietary intake, sleep and physical activity. University students are one of the vulnerable populations affected by the pandemic. However, there was limited research on the impact of lockdown on Malaysian university students' lifestyle modifications. Hence, this study aims to identify the impact of COVID-19 on dietary intake, sleeping patterns and physical activity levels of the students studying in a public or private university in Selangor, Malaysia. A total of 261 university students in Selangor participated in this cross-sectional online survey. Sociodemographic and anthropometric data of the participants were self-reported. Dietary intake was assessed using PLifeCOVID-19 questionnaire, sleep quality was assessed using Pittsburgh Sleep Quality Index Questionnaire (PSQI) while physical activity level was assessed using International Physical Activity Questionnaire-Short Forms (IPAQ-SF). SPSS was used to perform statistical analysis. Results showed that 30.7% of the participants adhered to the unhealthy dietary pattern, 48.7% had poor quality of sleep and 59.4% engaged in low physical activity levels during the pandemic. Unhealthy dietary pattern was significantly associated with a lower IPAQ category ($p=0.013$) and increased time spent sitting ($p=0.027$) during the pandemic. Participants being underweight before the pandemic (aOR=2.472, 95% CI=1.358-4.499), increased takeaway meals consumption (aOR=1.899, 95% CI=1.042-3.461), increased snacking between meals consumption (aOR=2.989, 95% CI=1.653-5.404) and engaged in a low level of physical activity during pandemic (aOR=1.935, 95% CI=1.028-3.643) were the predictors of unhealthy dietary pattern. In conclusion, dietary intake, sleeping patterns and physical activity levels of the university students were impacted in different ways during the pandemic. Therefore, strategies and interventions should be developed and implemented to improve the health and well-being of the students during the pandemic.