B41 Association of eating misalignment and irregularity with weight status among Malaysian young adults

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Recently, chrono-nutrition is emerging in the nutrition study. Nutrition researchers found that apart from the quantity and quality of foods, meal timing plays a crucial role in one's well-being. The present study aimed to determine the association of eating misalignment (i.e., the discrepancy between preferred and actual meal timing) and irregularity (i.e., inconsistent timing and frequency of meals from one day to another) with weight status among Malaysian young adults. A total of 293 Malaysian adults aged 18 to 26 years were recruited in this cross-sectional study using the convenience sampling method. Online self-administered questionnaires were used to determine self-reported weight status and chrono-nutrition profile. Participants were also instructed to record meal timings for 2 weekdays and 1 weekend to assess eating regularity in terms of mealtime regularity score (mReg). All statistical analyses were performed using Statistical Package for the Social Sciences (SPSS). This study was comprised primarily of females (63%), Chinese (92%) and students (90%). In the current sample, eating misalignment was a common phenomenon. Most of the participants were considered "regular eaters" (68%) based on mealtime regularity score (mReg). In terms of weight status, half of the respondents (52%) were considered normal, followed by underweight (25%), obese or overweight (23%). There was no significant difference in body mass index (BMI) between "eating aligned" and "eating misaligned" groups, for all chrono-nutrition variables ($p>0.05$). No significant association was found between mealtime regularity score (mReg) and weight status ($r=-0.023$, $p=0.722$), as well as between mealtime regularity score (mReg) and weight changes in the past 6 months (weight gain, $r=-0.010$, $p=0.925$; weight loss, $r=0.001$, $p=0.995$). More studies should be conducted to confirm the association of eating misalignment and irregularity with weight status.