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INTRODUCTION

- Healthy eating is an approach to prevent obesity, hypertension, diabetes mellitus and cardiovascular disease. It is believed that individuals with good level of nutrition knowledge, attitude and practice (NKAP), having high self-efficacy of healthy eating will have better healthy eating habits and are confident to change their behaviour into healthy eating lifestyle.
- The aim of the study was to determine the level of nutrition knowledge, attitude and practice (NKAP) and its association with the level of self-efficacy of healthy eating among undergraduate students in USM Kubang Kerian, Kelantan

METHODOLOGY

Sampling method: Convenience sampling

3 schools in health campus will be selected namely School of Medical Sciences, School of Dental Sciences and School of Health Sciences.



Subjects who meet the criteria needed will be chosen as the participants.



A recruitment notice and research's poster will be sent via emails and messaging applications to the participants. 107 subjects completed this study.

Inclusion & Exclusion Criteria	Inclusion Criteria	Undergraduate students in USM Kubang Kerian, Adults aged 18 years and above, all races, Healthy individuals, Free from any chronic disease and having Malaysian nationalities.
	Exclusion Criteria	Individuals with memory impairment, Those who were involved in dietary or weight reduction programme, Refusal to give informed consent, International and postgraduate students
Study Parameters	Nutrition Knowledge, attitude and practice (NKAP)	Knowledge, attitude and practice (KAP) questionnaire [1] <ul style="list-style-type: none"> • Knowledge: 13 statements • Attitude: 8 questions • Practice: 13 questions
	Self-efficacy of healthy eating	Self-efficacy for healthy eating scale [2] <ul style="list-style-type: none"> • Six items • Scored using scored using 6-point Likert scale (1-not at all confident to 6-very confident)
	Body mass index	World Health Organisation (2000) [3]
Statistical analysis	Statistical analysis p<0.05	Descriptive analysis, Mann Whitney test, Spearman correlation, Pearson's Chi square, Fisher's exact test

RESULT AND DISCUSSION

- The prevalence of good knowledge was 95.3%, good attitude was 79.4% but good practice was only 36.4%. The finding of KAP level was similar with previous study in Selangor (Hassan et al., 2015). In the present study, there was no significant association between level of nutrition knowledge, attitude and practice with body mass index (BMI). This showed that even though undergraduate students in USMCK reported good level of nutrition knowledge, attitude and practice but they did not apply their nutrition knowledge and attitude into their diet and daily lifestyle. Thus, it will not affect their nutrition status. [1]
- A total median score of self-efficacy of healthy eating was 28.0 (7.0). Hence, a significant association was found between NKAP and self-efficacy of healthy eating (p=0.008). High level of nutrition knowledge will contribute to good attitudes and practice in healthy eating. In order, to continue practicing healthy eating in our daily life, self-efficacy of healthy eating is needed to motivate individuals to consume healthy foods. [4]

CONCLUSION

There was no significant association between nutrition knowledge, attitude and practice with body mass index (BMI). Moreover, there was no significant association between self-efficacy of healthy eating with body mass index (BMI) Therefore, it was believed that there might be other stronger determinant factors that could affect BMI status of the participants such as stress, lifestyle behaviour and intakes of unhealthy foods However, our study found that there was significant association between nutrition knowledge, attitude and practice (NKAP) and self-efficacy of healthy eating.

REFERENCES

- [1] Hassan et al., 2015., [2] Neumark-Sztainer et al., 2007., [3] WHO Expert Consultation, 2004., [4] Nastaskin & Fiocco, 2015