

## **B24 Association of carbohydrate-rich food intake and diabetes mellitus related knowledge among adults in Kota Kinabalu, Sabah**

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The prevalence of diabetes mellitus in Malaysia continues to rise over the past decade and unhealthy dietary intakes such as excessive refined carbohydrate intake is a modifiable risk factor of type 2 diabetes mellitus. It remained unknown if someone with better diabetes mellitus-related knowledge would consume less refined carbohydrate. Therefore, this study aimed to determine the frequency of carbohydrate-rich food intake and diabetes related knowledge among adults in Kota Kinabalu, Sabah. A food frequency questionnaire (FFQ) was used to assess the intake of carbohydrate-rich food while the level of knowledge on diabetes mellitus was assessed using a questionnaire. This cross-sectional study recruited 309 respondents aged between 19 and 59 years old. The most consumed carbohydrate food according to the daily intake frequency score were white rice and sugar. Both types of food had the highest records of intake for once or more than once per day. The level of knowledge among the respondents was moderate (54.7%) to high (44%). High knowledge scores are found to be associated with gender ( $p=0.001$ ), age ( $p=0.003$ ), race ( $p=0.003$ ), religion ( $p=0.011$ ), level of education ( $p=0.001$ ), exposure to health education on DM ( $p=0.023$ ) and frequency of physical activity ( $p=0.04$ ). The correlation differs between knowledge scores and intake of the three food groups namely whole grains and legumes ( $r=0.173$ ,  $p=0.002$ ), vegetables ( $r=0.098$ ,  $p=0.87$ ) and fruits ( $r=0.0$ ,  $p=0.0$ ).