

## **B17 Knowledge, attitude, and practices (KAP's), and nutritional profiling of *Costus woodsonii* consumption as traditional elixirs among adults' population in Kota Kinabalu, Sabah**

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*Costus woodsonii* or red button ginger is a *Costus* species with various pharmacological potentials such as anti-inflammatory, antioxidant, antidiabetic, etc. The present study aimed to identify the knowledge, attitude, and practices (KAPs) of the adult population in the Kota Kinabalu, Sabah toward the consumption of *C. woodsonii* as traditional elixirs. Besides that, this study evaluated the correlation between knowledge, attitude, and practice of the species as traditional elixirs in mentioned population. This study also explored the difference in nutritional content in different parts of the plant. For the KAP study, respondents comprised individuals aged 18 years old or older living in Kota Kinabalu, Sabah. Structured questionnaires were distributed physically and online. This study found that, on average, the citizens have moderate knowledge and a neutral attitude towards the practice (consumption) of *C. woodsonii* as traditional elixirs. Only a small fraction of them practised it. The purposes of the practice were to control diabetes, cholesterol, and hypertension. Plant parts consumed were the flower and leaf, four to five times a week, once or twice a day. The present study did not have sufficient evidence to show a correlation between knowledge and attitude towards the practice of *C. woodsonii* as traditional elixirs. However, the study still observed a possible positive correlation between knowledge and attitude,  $r(141)=0.170$ ,  $p=0.042$ . Meanwhile, the present study found that the bract has the highest content of carbohydrates and stem has the highest content of crude fibre. In conclusion, the present study observed moderate knowledge and neutral attitude towards the practice of *C. woodsonii* as traditional elixirs and suggested a possible correlation between knowledge and attitude. The present study also found a significant difference in nutritional content in different parts of the *C. woodsonii* plant.