

Guidelines for abstract preparation.

Body weight status of primary and secondary school children in Malaysia

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Introduction: The introduction includes rationale and purpose of the study. Example, MyBreakfast Study is a comprehensive nationally representative study on breakfast habits among school children aged 6 to 17 years. This study aimed to determine breakfast habits among Malaysian school children. **Methods:** Summary of your methods (study design, analytical methods). Example, this was a cross-sectional study involving primary and secondary school children aged 6 to 17 years. Socio-demographic background was obtained from parents through a questionnaire. Breakfast consumption was assessed using a breakfast habits questionnaire (BHQ). Height and weight were measured. Z-scores for BMI-for-age and height-for-age were determined and classified using WHO AnthroPlus software. **Results:** Main findings, example, a total of 8705 children had participated in the study, 5581 from primary school and 3124 from secondary school. The proportion of children recruited from the urban and rural area was 68.4% and 31.6% respectively. Overall prevalence of overweight and obesity was 14.0% and 14.4% respectively. It was found that 24.6% of the children skipped breakfast at least 3 days per week. **Conclusion:** Key aspects derived from the study. Example, Overall, 1 in 4 children skipped breakfast at least 2 days a week. Interventions to promote regular breakfast consumption should be warranted.

1. Title

2. Author(s)
and
affiliations

3. Main text of
abstract

- 1. Title of the abstract.** It should be in sentence case, i.e., only the first alphabet is in capital letter. All others should be in small letters except proper nouns. Limit title to 250 characters, including letters and spacing. There is no full stop at the end of the title.
- 2. Author(s).** Provide names with no punctuation. Use surnames or the last name in your name as the last name. Indicate the presenting author by clicking on the radio button, 'O This is the presenting author'. Every author must have an **affiliation**. Providing an e-mail address is optional. List authors in the order you would like them to appear in the abstract.
- 3. Main text of abstract.** The abstract should be between 200 to 250 words. Mathematical symbols, Greek letters, superscripts and subscripts may be used. Separate text into **Introduction**, **Methods**, **Results**, and **Conclusion**.
- 4. Language.** Abstracts should be in the English language. Use UK English spelling. Check language and grammar before submitting. The Organising Committee does not provide this service. Make sure the abstract submitted is the final version as no changes will be permitted after submission.

5. **Submission.** All abstracts must be submitted through <https://www.nsmconference.org.my/abstract/submissions>. All submitted abstracts, once accepted, will be available in full on the conference website for an indefinite period.

6. **Confirmation of abstract submission.** Once the abstract is successfully submitted, the presenting author will receive an e-mail with the submitted abstract through the e-mail address provided.