

## **B01 Relationship between nutrition knowledge, attitude and practice (NKAP), with self- efficacy of healthy eating among undergraduate students in USM Kubang Kerian, Kelantan: A cross-sectional study**

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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 NKAP and its association with the level of self-efficacy of healthy eating among undergraduate students in USM Kubang Kerian, Kelantan. A cross sectional study was conducted among 107 undergraduate students aged 19 to 28 years old, selected using convenience sampling in USM Kubang Kerian, Kelantan from August 2021 until October 2021. Self-administered questionnaire including KAP questionnaire and self-efficacy of healthy eating scale were distributed to the participants via Google Form. The prevalence of good knowledge was 95.3%, good attitude was 79.4% but good practice was only 36.4%. Overall, the prevalence of NKAP was good which was 82.2%. A total median score of self-efficacy of healthy eating was 28.0 (7.0). A significant association was found between availability of healthy and unhealthy foods with practice ( $p=0.012$ ,  $p=0.019$ ). Moreover, a significant association was found between age and awareness of Malaysian Food Pyramid with NKAP ( $p=0.039$ ,  $p=0.005$  respectively). Hence, a significant association was found between NKAP and self-efficacy of healthy eating ( $p=0.008$ ). Therefore, strategies were needed to practice good healthy eating among university students.

