

CHANGES IN LIFESTYLE-RELATED BEHAVIOURS AMONG ADULTS DURING COVID-19 PANDEMIC

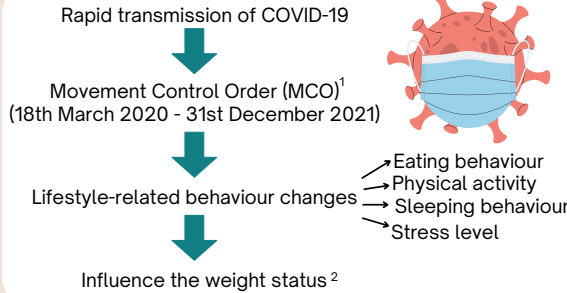
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UNDERGRADUATE

INTRODUCTION



OBJECTIVE

To determine the **association** between the **changes in lifestyle-related behaviours** with **weight status** among adults during MCO.

CONCLUSION

- **Most** Malaysian adults experienced **high stress level** during the MCO
- Lifestyle-related behaviour changes are **associated with BMI** of the Malaysian adults during MCO
- These findings can aid in the development of strategies to **promote health living** in the aftermath of COVID-19

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METHODOLOGY

STUDY DESIGN

- Cross-sectional **online** survey

ETHICS APPROVAL

- UCSI University Institutional Ethics Committee
- Code: UCSI/IEC-2021-FAS-025

TARGET POPULATION

- Malaysians aged ≥ 18 years old



PRE-TEST

- Assess **validity & readability** of the questionnaire

QUESTIONNAIRE

- 1 **Socio-demographic characteristics**
- 2 **Anthropometric measurements**
- 3 **Lifestyle-related behaviour changes**

QUESTIONNAIRE DISTRIBUTION

- Google Form
- Through:

Self-developed (Age, sex, ethnicity, income, occupation, education level, marital status)

Self-reported body height and weight

Adapted from Kumari *et al.*³

DATA OBTAINED

- **292 Malaysian adults** completed the questionnaire



STATISTICAL ANALYSIS

Descriptive Statistics

- | Continuous | Categorical |
|----------------------|--------------|
| • Mean | • Frequency |
| • Standard deviation | • Percentage |

Hypothesis Testing

- Compare means
 - Independent T-test
 - One-way ANOVA
- Association
 - Multiple linear regression

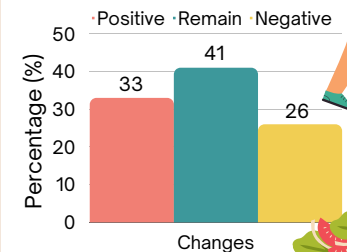
RESULTS & DISCUSSIONS

Mean age $\rightarrow 26.60 \pm 9.62$ years



Mean BMI $\rightarrow 21.92 \pm 3.97$ kg/m²

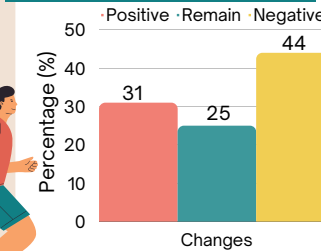
EATING BEHAVIOUR



- **43% increased** in fruits and vegetables intake
- **54% increased** in supplements intake to boost immunity
- **34% increased** in skipping meals
- **50% increased** in snacking

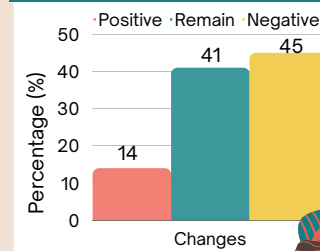
Similar pattern was found in other studies 4, 5, 6, 7

PHYSICAL ACTIVITY (PA)



- **Aligned with other studies**⁸
- **Related factors:**⁹
 - closed sports facilities
 - lockdown
 - increased screen time
- **Some increased their PA**¹⁰

SLEEPING BEHAVIOUR

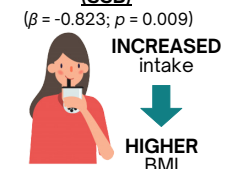


- **Similar finding** found in other study
- **Related factors:**¹¹
 - stressful condition
 - anxiety, fear, overthinking
 - increased screen usage

STRESS LEVEL

- **Consistent with other studies** whereby a **lot** of people experienced **increase in stress level** 3, 6
- **Related factors:** 2, 6
 - ↓ social interaction
 - fear of being infected
 - boredom
 - concern about future
 - financial issues

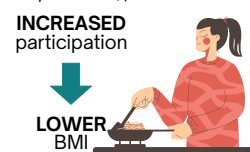
SUGAR-SWEETENED BEVERAGES (SSB)



- **Consistent with other study** whereby SSB intake **strongly and positively** affects weight¹²
- SSB contributes **additional calories** to daily food intake¹³

SIGNIFICANT ASSOCIATION WITH BMI

COOKING NEW/TRADITIONAL RECIPE



- **Aligned with previous study** that frequent cooking is linked to a **higher-quality diet** → prevents weight gain¹⁴
- Home-cooked meal → allows to **control** portion size, ingredients' quality, cooking methods¹⁵
- **Normal-weight** people cook more frequently¹⁶