A16 The association of sociodemographic and lifestyle changes with body weight status during COVID-19 pandemic among university students in Shah Alam, Selangor

Iffa Nadia M[1], Sarina S[2] and Pauziyah Mohammad S[2]

[1]Faculty of Health and Life Sciences, Management and Science University, Shah Alam, Selangor
[2]Faculty of Architecture, Planning and Surveying, Universiti Teknologi Mara, Shah Alam, Selangor

This cross-sectional study was conducted to determine sociodemographic factors and lifestyle changes with body weight status during Covid-19 among university students in Shah Alam, Selangor. Respondents ($n= 403$) completed an online self-administered questionnaire comprising self-reported height and weight, sociodemographic characteristics, and Simple Lifestyle Indicator Questionnaire (SLIQ), which includes questions on diet, physical activity, alcohol intake, smoking and stress level before and during the Covid-19 pandemic. Most of the respondents were females (59.6%), of Chinese ethnicity (38.7%), with bachelor's degrees (72.2%) qualification. During this study period, most of the respondents were staying at home (77.2%), living with family (81.4%) with a household income of less than RM2500 (43.7%). There was no significant difference in body mass index (BMI) between male and female respondents in this study, either before or during the COVID-19 pandemic, with $p>0.05$. As for BMI differences, the majority (44.7%) had no changes in BMI. However, most respondents (53.8%) were weight gain in body weight changes. Varying total SLIQ scores can be observed across sociodemographic characteristics before and during the pandemic. However, the results were not statistically significant ($p>0.05$). In terms of body weight status and SLIQ scores were reported higher mean SLIQ scores among overweight respondents than in the other BMI categories ($p<0.05$) before the pandemic. A similar trend was observed during the pandemic. However, the result was not statistically significant. Different lifestyle changes can be observed across sociodemographic factors and body weight status, specifically before the pandemic. Findings would serve as important evidence for shaping strategies to counteract the pandemic effects on student lifestyle during the COVID-19 pandemic.