



INTRODUCTION

Poor nutritional status has a significant impact on quality of life, but there is a scarcity of studies investigating nutritional status and quality of life among undergraduates, who are likely to consume poor-quality diets.^{1,2,3}

RESEARCH OBJECTIVE

- To determine the association between nutritional status and health-related quality of life (HRQoL) among Universiti Malaysia Sabah (UMS) undergraduates.

METHODOLOGY

STUDY DESIGN & SETTING

Study Design	Cross-sectional study (October 2021 – January 2022)
Participants	Inclusion Criteria <ul style="list-style-type: none"> Student from the Faculty of Food Science and Nutrition (FSMP) Aged 18 and above
Location	UMS Kota Kinabalu, Sabah
Sampling	Convenience Sampling

FLOW CHART



DATA COLLECTION

- Anthropometry** : Height, Weight, Waist Circumference & BMI.
- Sociodemographic**
- Socioeconomic**
- Dietary intakes** : 24-h Dietary Recall
- HRQoL** : 36-Item Short Form Survey (SF-36)

STATISTICAL ANALYSIS

- Descriptive analysis
- Spearman correlation

RESULTS & DISCUSSION

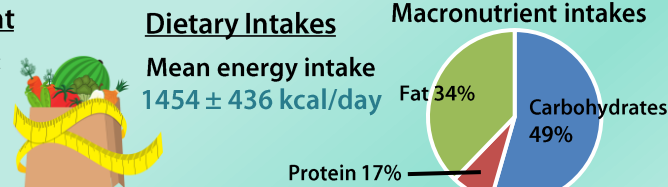
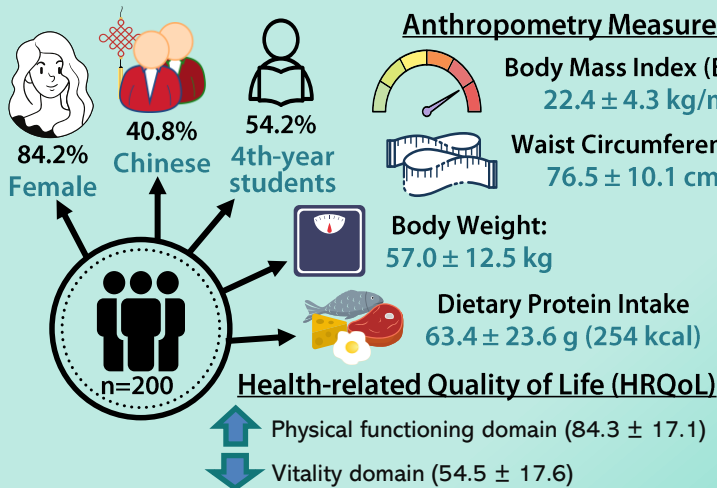


Table 1. Association between nutrition status and health-related quality of life (HRQoL)

Variables	Domain of HRQoL		
	Health Change	Vitality	Emotional Role Limitation
Waist Circumference	0.18 (0.05)	$p > 0.05$	$p > 0.05$
Body Weight	$p > 0.05$	0.18 (0.04)	$p > 0.05$
Dietary Protein Intake	$p > 0.05$	$p > 0.05$	0.23 (0.01)
Other	All $p > 0.05$		

Results shown by Correlation Coefficient (p value)

CONCLUSION

Body weight, waist circumference, and dietary protein intake were associated with HRQoL and could be the potential target of intervention to improve the HRQoL among UMS undergraduates.

REFERENCE

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- NCCFN. 2017. *RNI: Recommended Nutrient Intakes for Malaysian*. Putrajaya, Malaysia.