

B33 Food security, dietary habits, and weight status among adolescents in Malaysia

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Food insecurity in adolescent is linked to poor dietary habits and nutritional problems due to inadequate nutrients intake. However, there is lack of research reported on food security status among adolescents in Malaysia. The study aimed to examine the association between food security with weight status and dietary habits of adolescents aged 10 to 17 years old in Malaysia. This cross-sectional study was conducted to determine the association between food security weight status and dietary habits among adolescents aged 10-17 years old in Malaysia. By using the combination of convenience and snowballing sampling technique according to the inclusion and exclusion criteria, a total of 142 subjects were recruited. Socio-demographic details such as age, sex, ethnicity, parents' education, household income and size were accessed. Anthropometric measurements, food security status, and dietary habits were accessed using respectively questionnaire. 46.9% of adolescent were categorized under the food secure group. 78.3% of adolescents were within normal weight. Male were found to be more likely to be higher and heavier as compared to female ($p < 0.05$). There was a significant difference between food security status and parent's education level ($p = 0.031$) and monthly household income ($p = 0.002$). There was no association found between household food security with adolescent's anthropometric parameters (BMI-for-age, height-for-age) ($p > 0.05$). More than 65% of the adolescent did not meet the daily recommended food groups intake, pure fruit juice (95.8%), fruits (95.8%), vegetables (97.9%), carbohydrates (52.4%), meat and poultry (66.4%), fish (89.5%), legumes (94.4%) and milk and dairy product (74.1%). There was no association found between household food security status and food groups ($p > 0.05$). Males tend to consume more snack foods ($\chi^2 = 4.868$, $p = 0.027$) as compared to female. In conclusion, the study showed inadequate dietary intake was occur in food secure and food insecure Malaysian adolescents.