

## **B15 Evaluation of Malaysian Dietary Guidelines: knowledge among students in International Medical University (IMU)**

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Malaysian Dietary Guidelines (MDG) provides information on how to eat healthily. The eating habits of university students have been reported to be unsatisfactory. Thus, in order to improve their eating habits and dietary patterns and enable them to practice the key messages and recommendations in the MDG wisely, they need to have a certain level of knowledge. To date, no study has been conducted to evaluate the knowledge of the updated MDG 2020 among university students in Malaysia. Therefore, the objective of this study was to determine the knowledge of MDG 2020 among students in IMU and to evaluate the association of knowledge with sociodemographic factors. This cross-sectional study recruited 140 subjects using online recruitment by convenience sampling. The MDG 2020 knowledge questionnaire was used to determine the subject's knowledge of MDG 2020 and Malaysian Food Pyramid (MFP) 2020. Majority of the subjects were female (82.1%) and Chinese (85.7%). Nearly half of them were medical students (45%) and from M40 households (46.4%). The results demonstrated that only 19% of the subjects had awareness of both the MDG and MFP 2020. Overall, the subjects have a moderate knowledge of MDG, with a mean score of  $63 \pm 17.2$ . With regards to the level of knowledge, 28% of the subjects were considered as having good knowledge of MDG, 45% as moderate, and 27% as poor. Furthermore, being females and had awareness of MDG and MFP 2020 showed that these individuals had better knowledge of MDG. In conclusion, students in IMU had moderate knowledge of MDG. The awareness of MDG and MFP 2020 was low among the students in IMU. This study indicated that more nutrition education and promotion programs and nutritional education campaigns are necessary to conduct in the university in order to improve the awareness and knowledge of MDG.