



Undergraduate

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## INTRODUCTION

Staff that work in Universiti Sains Malaysia are susceptible to gain weight as a result of changes in work-related lifestyle such as computerization and mechanization and spending more time doing sedentary activities due to COVID-19 pandemic.

The aim of this study is to assess the association between the levels of nutrition knowledge, body mass index and physical activity among staff that work in Universiti Sains Malaysia during the pandemic.

## RESULTS AND DISCUSSION

## METHODOLOGY

▶ **Study design: Cross-sectional study**

The prevalence of overweight and obesity among university staff in this study were 44.8% and 18.7% respectively. More female staff were overweight (26.1%) and obese (12.7%) compared to male staff.

This study included Universiti Sains Malaysia (USM) staff that work in all three campuses of USM which is Main Campus, Engineering Campus and Health Campus

The association between nutrition knowledge score and BMI of the respondents was not significant.

Inclusion and Exclusion criteria	Inclusion criteria	Universiti Sains Malaysia academic or non-academic staff in selected schools either in Main Campus, Engineering Campus or Health Campus, 18 years old and above, able to read and understand Bahasa Malaysia and/or English.
	Exclusion criteria	Retired staff, non-Malaysian citizen, refuse to participate in the study, staff that are on medical or study leave, staff that are pregnant or currently on medication that affect weight drastically such as oral steroids.
Study parameters	Body mass index (BMI)	Self-reported weight and height
	Nutrition knowledge	General Nutrition Knowledge Questionnaires – Revised (GNKQ) [1]
	Physical activity level	Global Physical Activity Questionnaires (GPAQ) [2]

Most of the university staff regardless of gender should have higher level of nutrition knowledge as majority of the staff that took part in this study aged above 35 years and have tertiary educational qualification [3]

The prevalence of high level of physical activity among university staff in the current study was 83.6%, in which 32.1% of it were male respondents meanwhile 51.5% were female respondents

The findings of this study shown physical activity was not statistically significant associated with BMI. Most of the respondents that meet and do not meet the recommendation of physical activity were overweight.

Self-reported physical activity is more susceptible for misclassification and misunderstanding of the types of physical activity especially on the moderate physical activity and household tasks [4]

## REFERENCES

- [1] Kliemann, N., Wardle, J., Johnson, F., & Croker, H., 2016., [2] Soo, K. L., Wan Abdul Manan, W. M., & Wan Suriati, W. N., 2015., [3] Hendrie, G. A., Coveney, J., & Cox, D., 2008., [4] Wanner, M., Richard, A., Martin, B., Faeh, D., & Rohrmann, S., 2017.

Statistical analysis used in this study are descriptive analysis, Spearman's correlation test, Fisher's exact test.

## CONCLUSION

▶ Many strategies should be implemented by the university to reduce the prevalence of overweight among the university staff so the risk of non-communicable diseases such as type 2 diabetes mellitus and hypertension can be avoided.