

B08 Knowledge, attitude and practice of vegetable intake among adolescents in Malaysia

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The prevalence of insufficient vegetable intake among adolescent is at an alarming rate in Malaysia. Therefore, it is important to have a better understanding of knowledge, attitude and practice (KAP) of vegetable consumption among adolescents. This cross-sectional study was conducted to determine the association between knowledge, attitude and practice of vegetable intake and weight status 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 were accessed through weight, height-for-age z-score and BMI-for-age z-score (BAZ). The subjects displayed high knowledge (80.3%), medium attitude (70.4%) and good practice of vegetable intake (72.5%). Females have slightly higher knowledge (10.68 ± 1.83) and attitude (19.97 ± 5.61) than males. However, males have a slightly higher practice on vegetable intake (6.89 ± 5.36) than females. No significant differences were found between sex and knowledge, attitude and practice ($p>0.05$). A weak positive correlation found between knowledge and attitude ($r=0.384$) and knowledge and practice ($r=0.334$). Attitude and practice ($r=0.549$) reported to have moderate positive correlation. No significance correlation was reported between knowledge, attitude and practice of vegetable intake with BAZ. In conclusion, high level of psychosocial factors do not predict the weight status of the adolescence; however, the effect of other confounding factors need to be assess to produce better justification for the current findings.