

A12 Evaluating the usage and perception of digital nutrition information among adults in Klang Valley, Selangor

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The increasing pattern of internet and smartphone usage has altered the distribution of nutrition information from conventional methods such as posters and pamphlets to digital methods such as websites, social media, and mobile applications. However, the extent of these digital nutrition information being utilised by Malaysians and their perception towards these information remains a question. Therefore, this study is aimed to evaluate the usage and perception of digital nutrition information on nutrition among Malaysian adults. The respondents of this cross-sectional study were individuals of the 18-59 years old age group who resides in the Klang Valley area. A total of 383 respondents answered an online questionnaire via Google Form from November 2021 to February 2022. The majority of these respondents were of the 20-29 years old age group (64.8%), Malay race (93.7%), and bachelor degree holders (65.8%). The most common digital device used by the respondents was a smartphone (89.2%) and the majority of the respondents (38.3%) spent more than ten hours a day using the internet. Although most of the respondents comes across digital nutrition information every day (49.2%) and received digital nutrition information through their social media every day (34.7%), most of them has never attempted to intentionally seek digital nutrition information (35.6%). Our data shows that the respondents received digital nutrition information from Instagram (52.8%), followed by Facebook (50.0%) and Youtube (40.8%). More respondents preferred receiving digital nutrition information from mobile applications and social media compared to nutrition related websites. There was a significant association between the utilization of digital nutrition information and its impact on the adult population ($r=0.406$, $p<0.001$). In conclusion, mobile applications and social media are the preferred platforms for receiving digital nutrition information and therefore should be considered by healthcare professions for a much better distribution of nutrition information to the public.