

B45 Breakfast skipping lowers micronutrient intakes amongst primary schoolchildren: Findings from the South East Asian Nutrition Survey (SEANUTS II) Malaysia

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Breakfast is arguably the most important meal to refuel the body with essential nutrients. Thus, this study aims to investigate breakfast consumption by sociodemographic factors and its impact on nutrient intakes amongst primary schoolchildren. A total of 1313 children who participated in the South East Asian Nutrition Survey (SEANUTS II) Malaysia, representing 2.1 million children aged 6.0-12.9 years from Peninsular Malaysia, were included in this analysis. Sociodemographic characteristics and breakfast consumption were determined using questionnaires. Breakfast consumption pattern was further grouped into daily (consumed breakfast daily) and non-daily (skipped breakfast at least a day per week) categories. Nutrient intake was assessed using one day triple-pass 24-hour dietary recall approach. Approximately two-thirds of children (63.9%) consumed breakfast daily. Lower proportions of daily breakfast consumption was observed amongst those aged 10.0-12.9 years (56.2%), Malays (59.1%) and other ethnicities (58.6%), residing in rural areas (56.3%), with extremely low household income (50.5%), and having parents with lower education (paternal secondary-education, 59.5%; maternal non-schooling and primary-education, 52.5%) ($p<0.05$). Compared to daily breakfast consumers, children who skipped breakfast tended to have lower intake of vitamin D [daily 4.9 mcg (95%CI 4.6-5.2); non-daily 4.0 mcg (95%CI 3.6-4.3) $p<0.001$], thiamin [daily 1.2 mg (95%CI 1.1-1.2); non-daily 1.0 mg (95%CI 1.0-1.1) $p<0.01$], riboflavin [daily 1.5 mg (95%CI 1.4-1.5); non-daily 1.3 mg (95%CI 1.2-1.3) $p<0.001$], potassium [daily 1140 mg (95%CI 1095-1186); non-daily 1037 mg (95%CI 991-1083) $p<0.01$], and calcium [daily 601.2 mg (95%CI 574.2-628.1); non-daily 518.3 mg (95%CI 488.0-548.6) $p<0.001$]. However, no significant differences in energy and macronutrient intakes were observed. In conclusion, breakfast skipping is associated with age, ethnicity, area of residence, household income, and parental education level, which could lead to lower micronutrient intakes among children who skipped breakfast. Continuing to promote healthy eating habits among school-aged children is required to tackle the issue of breakfast skipping.