

B27 The association between breakfast consumption habits and body mass index (BMI) status among undergraduate students of Universiti Sains Malaysia, Health Campus

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A proper breakfast intake among university students can help them to have a healthy body mass index (BMI) status and, consequently help them to prevent the development of overweight and obesity, which is recommended to reduce this growing public health problem. Although breakfast can provide benefits to students, they tend to skip their breakfast due to the challenging environment, lack of time and lack of appetite. The aim of this study is to determine the association between breakfast consumption habits and BMI status among undergraduate students at USM Health Campus. A cross-sectional study was conducted on 272 USM undergraduate students from Health Campus from March 2021 to February 2022. A "Breakfast Consumption Habit Questionnaire" (BCHQ) was distributed via an online questionnaire to identify breakfast consumption habits among undergraduate students. Majority of the participants were female (81.6%), aged 21–23 years old (75.7%), Malay participants (61.8%), and from the School of Health Sciences (75.0%). There were 51.8% of participants consuming breakfast equal or more than 5 times per week, while the total mean BMI status was 22.53 ± 4.72 kg/m². The overall mean for BMI status for those consuming breakfast equal or more than 5 times per week is 23.1 ± 4.98 kg/m², while for those consuming breakfast less than 5 times per week is 22.0 ± 4.42 kg/m². A significant association was found between breakfast consumption habits and BMI status ($p=0.05$). Hence, it was concluded that frequent breakfast consumption is associated with normal BMI status among undergraduate students. However, this present study showed no association between sociodemographic factors and breakfast consumption habits. It is suggested that further study should be conducted to determine the possible factors that influence breakfast consumption habits among undergraduate students.