

INTRODUCTION

- Prevalence of sufficient vegetable intake is low in Malaysia, especially among adolescents (7.9%)¹.
- Insufficient vegetable intake will negatively impact health such as established unhealthy eating habits, nutrient deficiency and increased risks of NCD^{2,3}.
- Objective: **To determine the association between knowledge, attitude and practices of vegetable consumption and weight status of adolescents aged 10-17 years in Malaysia.**

METHODOLOGY

Study design: Cross-sectional study

Sampling technique: Snowball and convenience sampling technique

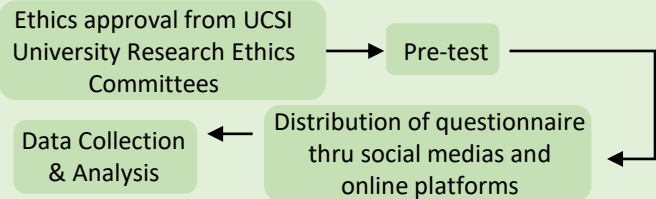
Sample size: 142 adolescents (aged 10 to 17 years old)

Research Instruments:

1. Questionnaires

- a) Knowledge vegetable intake^{4,5}
 - b) Attitude of vegetable intake⁶
 - c) Practice of vegetable intake^{7,8}
 - d) Socio-demographics characteristic
 - e) Anthropometric measurement
- } Adolescents reported
- } Parents reported

Research Procedure:



RESULT AND DISCUSSION

Sociodemographic details

Parents

45.63±6.85 year old
Female (72.5%)
Chinese (71.1%)
Secondary level education (33.8%)
Work in workplace (53.5%)
M40 (59.2%)

Adolescents

14.95±2.21 year old
Female (62%)
Chinese (70.4%)
Secondary level education (80.3%)

RESULT AND DISCUSSION

BMI-for-age z-score (BAZ)

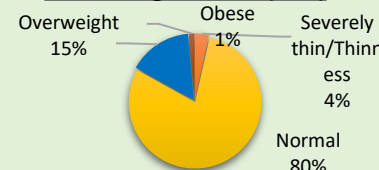


Figure 1: Distribution of weight status among adolescents

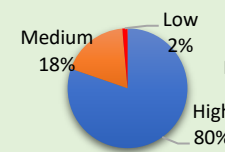


Figure 2: Knowledge (K)

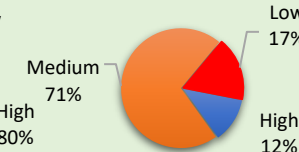


Figure 3: Attitude (A)

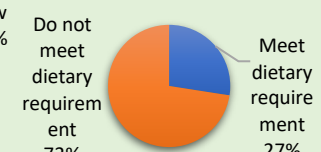


Figure 4: Practices (P)

Table 1: Comparison KAP of vegetable intake on sex differences

	Male	Female	z-value	p-value
K	10.50±2.06	10.68±1.83	-1.023	0.306
A	18.91±6.63	19.97±5.61	-1.341	0.180
P	6.89±5.36	6.12±4.36	-0.451	0.652

No significant difference between KAP and sex differences

Table 2: Correlation of KAP of vegetable intake

Variables	r	P-value	
K-A	0.384	p<0.001	Weak positive
K-P	0.334	p<0.001	Weak positive
A-P	0.549	p<0.001	Moderate positive

Correlation is significant at the 0.01 level (2-tailed).

- Significant positive correlation was found between KAP of vegetable intake.

Table 3: Correlation of KAP of vegetable intake on weight status

	BAZ	
	r	P-value
K	0.108	0.202
A	-0.069	0.417
P	-0.052	0.538

No significant correlation between KAP and weight status

Correlation is significant at the 0.05 level (2-tailed).

CONCLUSION

- Knowledge, attitude and practices of vegetable intake among adolescents impacted each other positively.
- Further research on cofounding factors to produce better justification for current findings.

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