



The H.E.A.T (Healthy Eating, Active and Support) programme

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Introduction

Weight gain occurs when energy intake exceeds energy consumption. It has led to an increasing prevalence of overweight and obesity. 2.2 billion adults around the world are overweight or obese (Global Nutrition Report, 2021). Overweight and obesity are associated with non-communicable diseases such as high blood pressure, diabetes, heart disease and some cancers (WHO, 2018). The pandemic Covid-19 causes Movement Control Orders (MCO) which lead to people staying at home most of the time. This led to change in behaviors, eating habits, food choices, physical activity, sedentary behaviors and weight gains. It also increases the prevalence of overweight and obesity in Malaysia. (Tan et al, 2021).

Objectives:

1. To Identify the need for H.E.A.T program module construction among adults.
2. To Determine the validity and reliability of H.E.A.T program modules among adults.
3. To Measure eating behavior, physical activity and social support among adults at pre intervention, post intervention and follow up after 3 month post intervention.
4. To evaluate the effectiveness of the H.E.A.T (Healthy Eating, Active and Support) program among young adults.

Methodology:

The study involves three phases:

Phase 1

Needs analysis

- To look at the need for a healthy lifestyle and weight control program.
- The analysis will be made through document analysis and interviews with users and implementers.

Phase 2

Development of the Intervention Module

- Modules are built using the Sidek Module Development Model (MPMS, 2005).
- The validity and reliability of the module will be evaluated using the internal consistency method and looking at the Cronbach's Alpha values.
- Module components cover eating behavior, physical activity and social support using Social Cognitive Theory (S.C.T).

Phase 3

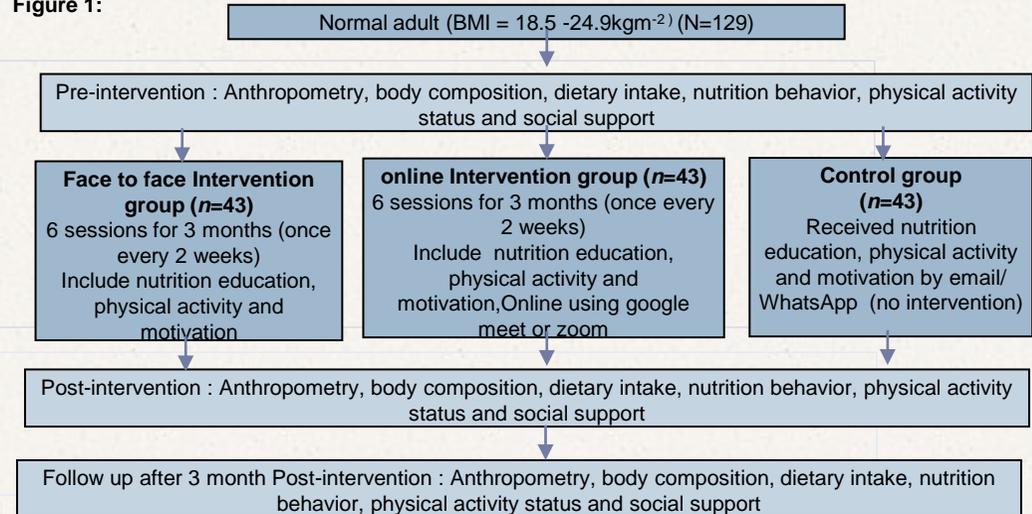
Evaluate of module effectiveness

- A quasi-experimental study will be used.
- One hundred twenty-nine (n=129) young adults with normal BMI will be recruited from three FELDA settlements in Bentong, Pahang.
- The participants will be divided into three groups, a face-to-face group from FELDA Lurah Bilut, an online group from FELDA Mempaga and a control group from FELDA Chemomoi.
- The assessment parameters for evaluating the program's effectiveness are eating behaviors, physical activity, body composition and social support.
- The intervention will be conducted at three intervals: pre-intervention, post-intervention and three-month follow-up. (refer Figure 1)

Sample :

Included criteria	Excluded criteria
<ol style="list-style-type: none"> 1. Malaysian citizens, young adults age 18-35 years old. 2. Normal body Mass Index (BMI= 18.5 -24.9kgm⁻² 3. Have a smartphone and good internet access (all three group to ensure the same ability to obtain information). 	<ol style="list-style-type: none"> 1. Pregnant and breastfeeding women. 2. Individuals who have a physical disability that can interfere with physical activity. 3. Have chronic diseases such as diabetes, hypertension, cardiovascular disease. 4. Individuals who are in weight loss program.

Figure 1:



Discussion:

1. This Study can be used as a guidelines to prevent weight gain among adults that can be used by government or private agencies.
2. The method of implementation conducted by face to face and online can give the option to choose the method that is deemed more appropriate.
3. Phases are required in this study to ensure identification of the components required in preventing weight gain. Support group component can also have a better impact to prevent of weight gain.

Reference:

1. Development initiatives Poverty Research Ltd. 2021 Global Nutrition Report: The state of Global Nutrition. Bristol. UK. ISBN:978-1-8381530-4-5
2. Tan, S.T.; Tan, S.S.; Tan, C.X. Screen time-based sedentary behaviour, eating regulation and weight status of university students during the COVID-19 lockdown. Nutr. Food Sci. 2021.
3. World Health Organization (WHO), Obesity and Overweight 2018. Available : <http://www.who.int/news-room/fact-sheet/detail/obesity-and-overweight>