



INTRODUCTION

- Frequency of home cooking refers to the rate in a week that food is produced at home rather than in a restaurant or purchased ready-made [1].
- Due to restaurant closures, people's dietary preferences, cost and accessibility, people began to rely on home-cooked meals [2].
- 94.8 % of self-employed workers reported a reduced salary, with 46.6 % losing their positions, particularly in the agriculture and service industries [3].
- The M40 incomes range from RM 4,850 to RM 10,959. They should be investigated during the pandemic as they are not qualified to apply the Bantuan Sara Hidup, might not be able to afford costly healthcare expenses and have a risk of sliding into B40 if have reduced salary or losses their job.

OBJECTIVE

To determine the association between the frequency of home cooking with individual food insecurity and diet diversity among M40 Malaysian working adults during the pandemic.

METHODOLOGY

- Settings: Malaysia
- Study design: Cross sectional pilot study
- Sampling method: Exponential Non-Discriminative snowball sampling method
- Sample size: 57 participants (M40 Malaysian working adults)
- Data collections: Online survey from (Google form)



Study instruments:

Sociodemographic characteristics
 Anthropometry data
 Frequency of home cooking
 Diet Diversity Questionnaire
 Food Insecurity Experience Scale

Statistical Analysis

SPSS version 28
 Inferential statistics test (Chi square test is conducted to study the association between variables.)

RESULTS

Table 1: Association between frequency of home cooking and diet diversity score of participants

Frequency of Home Cooking	Diet diversity Score		P value
	Moderate	High	
	n (%)	n (%)	
Low	12 (57.1)	9 (42.9)	0.957
Moderate	8 (61.5)	5 (38.4)	
High	14 (60.9)	9 (39.1)	

Table 2: Frequency of home cooking and food insecurity of participants

Frequency of Home Cooking	Food Insecurity Score	
	Food Secure	Food Insecure
	n (%)	n (%)
Low	17 (81.0)	4 (19.0)
Moderate	13 (100.0)	0 (0.0)
High	20 (87.0)	3 (13.0)

DISCUSSIONS

- The M40 working adults had high frequency of home cooking, moderate diet diversity score and food secure during the pandemic.
- Study show 42.9% of participants have more family meals during the pandemic [4].
- Studies found that job loss or lower income had an influence on household income and food insecurity although diet diversification and food intake remained stable [5].
- No significant association between frequency of home cooking and diet diversity among M40 Malaysian working adults.
- Table 2 showed that 19% of participants that cook less than 4 times per week are food insecure.
- For food secured participants showed higher cooking and eating time together at home [6].

CONCLUSIONS

This study suggests that the frequency of home cooking had no effect on food diversity. Most of the M40 Malaysian working adults were food secure and those who cooked at home less frequently were more likely to be food insecure. Further research should be conducted to validate the findings.

ACKNOWLEDGEMENT

This study was funded by International Medical University (IMU), Bukit Jalil. We would like to thank all the respondents and supervisors who had assisted in this study (BNT I-2021 (02)).

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Frequency of home cooking and its implications on food insecurity and diet diversity among Malaysian working adults in the middle-income group during the pandemic: a cross sectional pilot study

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RESULTS

INTRODUCTION

- Frequency of home cooking refers to the rate in a week that food is produced at home rather than in a restaurant or purchased ready-made [1].
- Due to restaurant closures, people's dietary preferences, cost and accessibility, people began to rely on home-cooked meals [2].
- 94.8 % of self-employed workers reported a reduced salary, with 46.6 % losing their positions, particularly in the agriculture and service industries [3].
- The M40 incomes range from RM 4,850 to RM 10,959. They should be investigated during the pandemic as they are not qualified to apply the Bantuan Sara Hidup, might not be able to afford costly healthcare expenses and have a risk of sliding into B40 if they have reduced salary or lost their job.

OBJECTIVE

To determine the association between the frequency of home cooking with individual food insecurity and diet diversity among M40 Malaysian working adults during the pandemic

METHODOLOGY

- ✓ **Settings:** Malaysia
- ✓ **Study design:** Pilot study
- ✓ **Sampling method:** Exponential Non-Discriminative snowball sampling method
- ✓ **Sample size:** 57 participants (M40 Malaysian working adults)
- ✓ **Data collections:** Online survey from (Google form)
- ✓ **Study instruments:** Sociodemographic characteristics, Anthropometry data, Frequency of home cooking, Diet Diversity Questionnaire, Food Insecurity Experience Scale
- ✓ **Statistical Analysis:** SPSS version 28, Inferential statistics test (Chi square test is conducted to study the association between variables.)



CONCLUSIONS

This study suggests that the frequency of home cooking had no effect on food diversity. Most of the M40 Malaysian working adults were food secure and those who cooked at home less frequently were more likely to be food insecure. Further research should be conducted to validate the findings.

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Table 2: Frequency of Home Cooking of participants

Frequency of Home Cooking	Sample size (n)	Percentage (%)
Low	21	36.8
Moderate	13	22.8
High	23	40.4

Table 2: Diet Diversity Score of participants

Diet Diversity Score	Sample size (n)	Percentage (%)
Moderate	34	59.6
High	23	40.4

Table 3: Food Insecurity Score of participants

Food Insecurity Score	Sample size (n)	Percentage (%)
Food secure	50	87.7
Food insecure	7	12.3

Table 4: Association between frequency of home cooking and diet diversity score of participants

Frequency of Home Cooking	Diet diversity Score		P value
	Moderate	High	
	n (%)	n (%)	
Low	12 (57.1)	9 (42.9)	0.957
Moderate	8 (61.5)	5 (38.4)	
High	14 (60.9)	9 (39.1)	

Table 5: Frequency of home cooking and food insecurity of participants

Frequency of Home Cooking	Food Insecurity Score	
	Food Secure	Food Insecure
	n (%)	n (%)
Low	17 (81.0)	4 (19.0)
Moderate	13 (100.0)	0 (0.0)
High	20 (87.0)	3 (13.0)

DISCUSSIONS

- ✓ The M40 working adults had high frequency of home cooking, moderate diet diversity score and food secure during the pandemic.
- ✓ Study show 42.9% of participants ate and prepared meals more regularly with family during the pandemic [5].
- ✓ Aneesh et al. found that job loss or lower income had an influence on household income, although diet diversification and food intake remained stable [6].
- ✓ The household food insecurity has increased due to job loss during the pandemic [7].
- ✓ No significant association between frequency of home cooking and diet diversity among M40 Malaysian working adults.
- ✓ Results (Table 4) suggested that only 19% of participants that cook less than 4 times per week are food insecure.
- ✓ Family meals showed increased vegetables, fruits, and whole wheat bread availability [8].
- ✓ For food secured participants showed higher cooking and eating time together at home [9].



INTRODUCTION

- Frequency of home cooking is the rate at which food is prepared in the home at opposed to made in a restaurant or bought ready-made in a week of time [1].
- During the pandemic, the food choices, affordability and accessibility of populations have changed. Eating out was significantly reduced, people started to focus on home-cooked meals due to restaurant closure [2].
- According to Department of Statistics Malaysia (DOSM), 94.8% of self-employed employees reported a decrease in monthly income and 46.6% of them loss their jobs, especially the agriculture and service sector [3].
- The M40 incomes range from RM 4,850 to RM 10,959. They should be investigated during the pandemic as they are not qualified to apply the Bantuan Sara Hidup, might bot able to afford costly healthcare expenses and have a risk of sliding into B40 if have reduced salary or losses their job.
- Therefore, this cross-sectional study determined the association of the frequency of home cooking with food insecurity and diet diversity among M40 Malaysian working adults

OBJECTIVE

To determine the association between frequency of home cooking with food insecurity and diet diversity among M40 Malaysian working adults during the pandemic.

METHODOLOGY

- ✓ **Settings:** Malaysia
- ✓ **Study design:** Cross sectional study
- ✓ **Sampling method:** Exponential Non-Discriminative snowball sampling method
- ✓ **Sample size:** 57 participants from the M40 Malaysian working adults
- ✓ **Data collections:** Online survey from (Google form)

RESULTS

Table 1: Sociodemographic characteristics of participants

Variables	Frequency (n)	Percentage (%)
Gender		
Male	21	36.8
Female	36	63.2
Age (years)		
21 – 30	29	50.9
31 – 40	7	12.3
41 – 61	21	36.8
Ethnicity		
Chinese	44	77.2
Indian	10	17.5
Malay	3	5.3
Body Mass Index (BMI)		
Underweight	9	15.8
Normal	33	57.9
Overweight	15	26.3
Living arrangement		
Living alone	7	12.3
Living with family or caretakers	50	87.7

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- ✓ The M40 working adults had high frequency of home cooking, moderate diet diversity score and food secure during the COVID-19 pandemic.
- ✓ Study show 42.9% of participants dine more with family and prepared meals more regularly during the pandemic [5].
- ✓ Aneesh et al. showed that the household income was impacted by job loss or reduced income while the diet diversity and food consumptions have remained largely unchanged [6].
- ✓ Niles et al. showed that household food insecurity has increased and 35.5% of newly food insecure people attributable to job loss during the pandemic [7].

REFERENCE

- ✓ No significant association between frequency of home cooking and diet diversity among M40 Malaysian working adults.
- ✓ Results (Table 4) suggested that only 19% of participants that cook less than 4 times per week are food insecure.
- ✓ Family meals were related with increased vegetable intake, more fruits, and whole wheat bread availability in the household [8].
- ✓ Another study suggested data which participants spent more time cooking and eating together at home show high food security [9].

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