

## **B42 Knowledge, attitudes, and practices (KAP) of iron deficiency anaemia (IDA) and dietary iron intake among urban poor adolescents living in Kuala Lumpur, Malaysia during COVID-19 pandemic**

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Anaemia has been identified as a major public health problem that affects both developed and developing countries, including Malaysia. To prevent anaemia, knowledge is a key parameter, which is the cornerstone of changing attitudes and practices. Apart from that, dietary iron intake is crucial. The objective of this study was to determine the relationship between knowledge, attitudes, and practices of iron deficiency anaemia with dietary iron intake among urban poor adolescents. A cross-sectional study was conducted among 209 urban poor adolescents aged 10 to 17 years old in Kuala Lumpur, Malaysia. A self-administered questionnaire was used to assess the sociodemographic characteristics, knowledge, attitudes, and practices toward iron deficiency anaemia. Anthropometric measurements were taken and dietary intake using a 2 days 24-hour diet recall were assessed. The adolescent's dietary iron intake was  $11.02\text{mg} \pm 6.60$ . More than half (68.4%) of the adolescents did not meet the dietary iron requirement based on Recommended Nutrient Intake (RNI) 2017. Besides, only 29.2%, 26.8% and 10.0% of adolescents showed good knowledge, attitudes, and practices, respectively. Knowledge scores was found to be correlated with dietary iron intake ( $r=0.149$ ,  $p=0.031$ ), while no correlation was found for attitudes and practices ( $p>0.05$ ). After adjusted for adolescent's sex, parent's marital status, household monthly income, and household size, average knowledge (AOR=2.87, 95% CI=1.20 – 6.90,  $p$ -value=0.02) and moderate attitude (AOR=0.38, 95% CI=0.17–0.82,  $p$ -value=0.01) was found significant association with dietary iron intake. Findings low levels of knowledge, attitudes, practices, and dietary iron intake among the urban poor adolescents. Nutrition education and intervention are needed to improve KAP and dietary iron intake of the urban poor adolescents in Kuala Lumpur, Malaysia.