

## **A04 Association between sociodemographic factors, individual factors, involvement status in gardening and diet quality among adults in AU2 Keramat, Kuala Lumpur**

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COVID-19 pandemic has impacted the livelihood of Malaysians while gardening activities have been seen to contribute positively to the diet quality of the population. This cross-sectional study aimed to examine the association between sociodemographic factors, individual factors, involvement in gardening and diet quality among adults in Rumah Pangsa AU2 Keramat, Kuala Lumpur. A total of 117 eligible respondents (65.8% females, 35.2% males) were involved in this study via convenience sampling. The questionnaire for this study comprised six sections which were sociodemographic background, depression, anxiety and stress, food security status, involvement in gardening, physical activity and 24-hour diet recall. Findings showed that the prevalence of poor diet quality among respondents in this study was 89.7%, with a mean score of  $44.51 \pm 10.81$ . Most of the respondents had a normal level of depression (98.3%), anxiety (96.6%) and stress (98.3%). 59.5% of the respondents had high food security level and the rest was food insecure. The majority of the respondents did not involve in gardening activities (72.6%). Further analysis showed that the older respondents ( $r=0.20$ ,  $p=0.034$ ) had a significantly higher diet quality. Although there was no significant difference between diet quality ( $t=-1.69$ ,  $p=0.096$ ) based on the involvement status of gardening in general, community gardeners ( $t=-2.63$ ,  $p=0.011$ ) had a significantly higher diet quality compared to non-community gardeners. Furthermore, respondents involved in gardening activity had a significantly higher fruit serving intake [1.00 (0.00 – 2.00) vs 0.00 (0.00 – 1.00)], Mann-Whitney  $U=1045.0$ ,  $p=0.036$ ) and lower total fat intake ( $28.84 \pm 8.78$  vs  $32.93 \pm 8.66$ ,  $t=2.27$ ,  $p=0.025$ ). In conclusion, the diet quality of the respondents was considered poor with older adults and community gardeners having significantly higher diet quality. Interventions need to be developed in addressing the persistent poor diet quality of adults in the community.