

Association of food habits consumption (drinking plain water, eating fruits and chewing frequencies) towards obesity status among Malaysian adults: findings from Malaysian Adult Nutrition Survey (MANS 2014)

Mohamad Fuad Mohamad Anuar Fatimah Othman, Hamizatul Akmal Abd Hamid, Muslimah Yusof, Mohamad Hasnan Ahmad

Institute for Public Health

ABSTRACT

Introduction: Obesity becomes a challenge for healthcare provider especially in Asian region. Despite many countermeasures taken, however, the food habits consumption such as drinking plain water, eating fruits and chewing frequencies somehow did not been highlighted for countering the obesity problem. Therefore, this study focus on association between the foods habits consumption and obesity status among Malaysian adults. **Methods:** This study was part of the Malaysian Adult Nutrition Survey (MANS 2014), a nationwide cross-sectional study focusing on Malaysian adults aged 18 to 59 years old. Questionnaire on habits in relation to food consumption (eating fruits, drinking plain water and chewing frequency) was asked in face-to-face interview and anthropometry measurement was taken by trained research assistant. Calculation for BMI and grouping for abdominal obesity were done based on World Health Organization (WHO) 1998. Data analysis was done using SPSS 16. **Results:** 2857 adults completed the survey with response rate of 71%. About 58% of adults only drink plain water after main meals, 64% eat fruits after main meals and 66% tends to chew less than 20 times. After being adjusted with age, gender and other sociodemographic variables, the results showed adults who did not know their own chewing frequencies had a chance to develop 1.9 times for obesity and 2.3 times for abdominal obesity. Moreover, adults who chew less than 20 times had a chance to develop 1.9 times for abdominal obesity. **Discussion:** Chewing frequencies were significantly contributed on developing obesity problems rather than other habits. These data indicated that increasing the number of chews before swallowing might be a behavioural strategy to reduce food intake and potentially aid body-weight management. It would suggest that education on good food habits consumption and awareness campaign need to apply to counter the obesity problem among Malaysian adults.

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Association of physical activity with obesity among Malaysian adults: a population-based study 2015

Chandrika Jeevananthan, Azahadi Omar, Shubash Shander Ganapathy, Nazirah Alias, Fazila Haryati

Institut Kesihatan Umum

ABSTRACT

Introduction: The health-enhancing benefits of physical activity (PA) on obesity have been a global argument for decades. This study aimed to determine the association of PA with obesity in the Malaysian adult population in 2015. **Methodology:** Data was extracted from the 2015 National Health and Morbidity Survey (NHMS), a nationally representative, cross-sectional study. A two-stage stratified sampling method was used to select a representative sample of 19,935 Malaysian adults aged 18 years and above. The PA levels of the respondents were categorized as inactive (Category 1), minimally active (Category 2) or Health-enhancing physical activity (HEPA) active (Category 3) according to the International Physical Activity Questionnaire (IPAQ) form. Body mass index (BMI) were measured using a validated and calibrated digital scale and stadiometer and was calculated according to WHO classification. **Results:** The overall prevalence of physically active adults was 66.5% (95%CI: 65.6, 67.6). Males [71.1% (95%CI: 69.7, 72.4)] were significantly more active than females [61.7% (95%CI: 60.3, 63.2)]. However, based on the Malaysian Clinical Practice Guidelines of Obesity (2004) the national prevalence of obesity was 30.6% (95%CI: 29.5, 31.6) which is higher than the world prevalence of 13.0% in 2014. **Discussion:** The association of physical activity with obesity among Malaysian adults is inconsistent and ambiguous. Standardized validated methods to assess physical activity needs to be developed to capture different dimensions of activity such as duration, frequency and intensity to allow comparisons between epidemiological and population research.