

# PH23: Assessment of Nutritional Status, Physical Activity and Bone Health Status among Hikers

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## ABSTRACT

**Introduction:** The present study aimed to assess the nutritional, physical activity and bone health status among adults' hikers. **Methods:** This cross-sectional study involved 330 adults aged from 18 to 50 years old. Anthropometric and body composition measurements of height, weight, body percentage and body mass index were taken. Physical activity status was determined by interviewing subjects using International Physical Activity Questionnaire (IPAQ). Bone health status determined by measuring bone mineral density (BMD) subjects using Quantitative Ultrasonometer versi CM-200 sonometer. **Results:** The mean body mass index (BMI) of hikers for men and women are  $23.85 \pm 3.85 \text{ kg/m}^2$  and  $22.29 \pm 3.05 \text{ kg/m}^2$  meanwhile for mean body fat percentage of hikers for both men and women are  $19.20 \pm 5.64 \%$  and  $29.32 \pm 6.46 \%$ , respectively. For the physical activity assessment, the mean of  $6019.05 \pm 5758.65 \text{ MET-min/week}$  was obtained. Bone status (T-score) hikers for both men and women are significantly different  $0.27 \pm 1.18$  and  $-0.25 \pm 1.08$ , as compared to non-hikers with the value of  $-0.2 \pm 0.90$  and  $-0.43 \pm 0.88$ . Significant difference was observed between hikers and non-hikers for overall mean of BMI, physical activity level and bone health status. There was also relationship between bone health status with age ( $p < 0.001$ ), gender ( $p < 0.001$ ), body fat percentage ( $p < 0.001$ ). **Conclusion:** In conclusion, hikers have satisfactory nutritional status based on anthropometry parameter and better bone health status compared to non-hikers. Thus, hiking should be encouraging in future as it come along with the health benefits.

## KEY WORDS:

*Hiking, nutritional status, physical activity, bone health status*

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# PH24 : Is Optometrist Play an Important Role in Pediatric Vision Care? A survey in Malaysia

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## ABSTRACT

**Introduction:** A study was carried out to determine optometrists' role in pediatric vision care in Malaysia. According to Chen & Duratul (2001), optometrists' said that pediatric eye examination is time consuming (29%), difficult (22%), lack of confidence (22%) and unprofitable (13%). For Aston Eye Study Group (2009) stated that there is about 1 in every 10 children age 12 years old and 1 in every 17 children age 6 years old have uncorrected refractive error. American Optometric Association (2004) stated that children should receive their first eye examination on the first 6 month of life, then 3 years old and then before entering school ages. For normal school children, they should get their eyes check routinely every 2 years. **Method:** About 200 private optometrists that were registered under Association of Malaysian Optometrist (AMO) were involved as respondents. A set of questionnaires were sent together with empty stamped envelope to makesure they would returned it back to us. **Results:** Out of 200 respondents, only 86(43%) had returned back the questionnaires to us. Majority (97%) received pediatric patients. Children aged 6 to 12 years old were mostly seen (71%), followed by 4 to 6 years old (23%) and <4 years old (6%). Refractive error was the most frequent case seen (80%). Snellen chart was the mostly used method in visual acuity (25% for children aged <4 years old, 84% for aged 4 to 6 years old and 98% for aged 6 to 12 years old). Retinoscopy mostly used on children aged <4 years old (75%) and 4 to 6 years old (95%). Subjective refraction mostly done on children aged 6 to 12 years old (98%). Majority of the optometrists examined children's binocular vision (43% for aged < 4 years old, 58% for aged 4 to 6 years old and 65% for aged 6 to 12 years old). Most of them provide treatment for amblyopia (81% for strabismic amblyopia and 88% for anisometropic amblyopia). Referral cases mostly to the ophthalmologists (92%), orthoptists (54%), other optometrists (5%), other professionals (5%) and medical doctor (4%). In optometrists' opinion, pediatric vision examination were sometimes difficult (77%), time consuming (58%), sometimes unsuccessful (55%) and unprofitable (54%). **Conclusion:** Most of the optometrists believed they were important in pediatric vision care as well as other professionals like ophthalmologists, orthoptists, medical doctors, teachers and parents.

## KEY WORDS:

*Pediatric Vision Care, Optometrist, Association of Malaysian Optometrists (AMO)*