

# The assessment of knowledge and attitude on maternal nutrition with dietary pattern among aboriginal pregnant mother in Selangor

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## ABSTRACT

**Introduction:** Maternal nutrition is a fundamental pillar of human life and its requirement varies with respect to age and during physiological changes such as pregnancy. In Selangor, aboriginal people most of it is come from two main tribes which are Mah Meri and Temuan groups. The aims of study were to assess the knowledge and attitude of maternal nutrition with dietary pattern of aboriginal pregnant mother in Selangor. **Methods:** The study were cross sectional descriptive study using simple random sampling of 106 expectant pregnancy mothers live in Kampung Orang Asli in Selangor. The data were collected by a structured and pre-tested questionnaire which consists four maternal nutrition variables. All analysis using SPSS version 21 in frequency distribution and inferential statistics of the Pearson chi-square. The food frequency questionnaire was given to assess their dietary pattern. **Results and Discussion:** The results revealed the respondent have a good knowledge (23.6%) and positive attitude (45.3%) towards the maternal nutrition which have a 95% confident interval respectively. There is a significant association on socio-demographic between educational level ( $p=0.000$ ) on both knowledge and attitude level with the monthly household income ( $p=0.002$ ) and ( $p=0.029$ ) on knowledge and attitude level respectively. Lastly, there has positive association between knowledge and attitude level of the maternal nutrition using Fisher exact test ( $p=0.000$ ). However, there were no significant association of their dietary pattern except on knowledge for food frequency intake of dairy milk ( $p=0.014$ ) and attitude level of dietary pattern on lunch ( $P<0.034$ ), dinner ( $p<0.002$ ) with food frequency intake on meat ( $p=0.005$ ) and vegetables ( $p=0.027$ ). These findings would contribute to better understanding of mother knowledge and attitude regarding child health and nutrition, which could be utilized in the development aiming to improve the maternal health practices and eventually improve the health status of the aboriginal women.

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# The association of food outlets surrounding schools with obesity profiles among Malaysian adolescents

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## ABSTRACT

Obesogenic environment is endangering adolescents' health as the risks for non-communicable diseases (NCD) developed much earlier in life. Malaysia has become the country with the highest obesity population in Southeast Asia while diabetes, hypertension, and hypercholesterolaemia is on the rising trends. Most all NCDs share similar root causes comprising of food intake and physical activity patterns. This study aimed to determine the association between exposure to existed food outlets as the components in obesogenic environment, with obesity profiles among Malaysian adolescents based on residential settings. This is an ecological study that involved 1032 students aged 17 years old from 14 schools in three states in 2016, representing adolescent population in Peninsular Malaysia. It was conducted as a part of the Malaysian Health and Adolescent Longitudinal Research team (MyHeART) study. Anthropometric measurements and biochemical profiles were taken from the participants. Extensive ground search of food outlets located surrounding respective schools were conducted by employing comprehensive observation method for its characteristic assessment. In addition, ground truth method for location geocoding was used. All variables were combined to develop spatial model using the Geographical Information System (GIS). All results were analysed by using IBM SPSS Statistical Version 23 and ArcGIS 10.3.1 for geographical data. Spatial analysis showed the significant difference in obesity profiles between rural and urban adolescents as well as few characteristics of existing food outlets surrounding schools. The findings from this study implicated the effectiveness of enforcement of current policies in Malaysia pertaining to food environment of the adolescents, especially food outlets surrounding schools. As food outlets is a part of built environment, perhaps the findings will facilitate and enhance multi-sectorial and interdepartmental collaboration for future plans to improve adolescence health in Malaysia.