

A STUDY ON CHOLESTEROL CONSUMPTION  
AND KNOWLEDGE ON CHOLESTEROL  
AMONG EMPLOYEES IN AQUACULTURE  
COMPANIES

ONG YEW LUI

B. Sc. (Hons.) FOOD SCIENCE AND NUTRITION  
SCHOOL OF APPLIED SCIENCES  
UNIVERSITY COLLEGE SEDAYA INTERNATIONAL

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## ABSTRACT

By

Ong Yew Lui

Hypercholesterolemia is the second major non-communicable disease in Malaysia. However, there is very little literature available on the knowledge of cholesterol and cholesterol consumption in Malaysia. The objective of this study was to determine and compare the cholesterol knowledge, physical activity level and cholesterol intake, and to identify the correlation of these variables among participants. A total 102 participants (61 males and 41 females) from Manjung Aquatic Sdn Bhd and Fleet Quality Sdn Bhd at Manjung District were recruited. Data was collected using cholesterol knowledge and physical activity questionnaire and validated Food Frequency Questionnaire (FFQ). Majority of the participants had poor cholesterol knowledge level with mean score of  $6.95 \pm 1.823$  points. Cholesterol knowledge scores did not differ significantly between age and education level; however, gender showed significant effect ( $t=-2.02$ ,  $p=0.046$ ). Newspaper and television, followed by friends and family, were the main sources of cholesterol information. About 64.7% ( $n=66$ ) of the study participants were physically inactive and the findings showed significant difference between physical activity level and gender ( $t=3.23$ ,  $p=0.002$ ). The average cholesterol intake in this study was  $322.92 \pm 110.28$  mg/day and the cholesterol intake was differ significantly with gender and education level respectively ( $t=3.79$ ,  $p=0.00$ ;  $F=2.76$ ,  $p=0.046$ ). There was no significant correlation between physical activity level with cholesterol knowledge and cholesterol intake respectively. However, cholesterol knowledge was negatively associated with dietary cholesterol intake ( $r=0.446$ ,  $p<0.05$ ) and suggests that cholesterol information is influencing dietary behaviour among participants. The better understanding the trend of cholesterol knowledge and cholesterol consumption might facilitate a better planning of cholesterol education programme or public health interventions.

UCSI Education Sdn. Bhd. (185479-U)  
No. 1, Jalan Menara Gasing, UCSI Heights,  
56000 Kuala Lumpur, Malaysia.  
Tel: 603-9101 8880 Fax: 603-9102 3606  
Website : [www.ucsi.edu.my](http://www.ucsi.edu.my)