

**The Consumption and Nutritional Knowledge
of Calcium among Female Employees at
University College Sedaya International
(UCSI)**

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2006

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ABSTRACT

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The objective of this study was to compare the nutritional knowledge of calcium and consumption of calcium by conducting a survey, which consisted nutritional knowledge questions of calcium and a food frequency questionnaire. This study was conducted among 106 female employees in University College Sedaya International (UCSI). The results showed that the mean score for nutritional knowledge of calcium and daily calcium intake was $77.8\% \pm 11.6\%$ (6.22 ± 0.926 over total score 8 points) and $566.13 \text{ mg} \pm 419.93 \text{ mg}$ respectively. The results of this study showed there was no significant difference between nutritional of calcium knowledge and daily calcium intake ($p=.45, p>.05$). There were also no associations between age and nutritional knowledge of calcium ($p=.476, p>.05$) as well as daily calcium intake ($p=.057, p>.05$). Additionally, the nutritional knowledge of calcium was adversely correlated to daily calcium intake ($r=-.069, p=.48$), but age was insignificant correlated to nutritional knowledge of calcium ($r=.047, p=.636$) as well as daily calcium intake ($r=.155, p=.113$). This study requires further research and improvements because there were limitations occurred while this study was conducted. In conclusion, the society requires nutritional intervention to achieve higher daily calcium intakes to meet the recommended requirements of calcium.

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