

WEIGHT MANAGEMENT KNOWLEDGE  
AND PRACTICES AMONG NURSES IN  
PRIVATE HOSPITALS IN  
KOTA KINABALU, SABAH

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## ABSTRACT

The prevalence of chronic diseases, whereby weight problem is one of the major risk factors, is increasing dramatically in Malaysia. This can be prevented by adopting balanced diet, adequate physical activities and healthy lifestyle. Nurses are the frontline individual in primary health care that are the most ideally placed as weight management educator. This study was designed to determine the weight status, weight management knowledge and practices among nurses, and their correlation of body image perception, attitude on physical activity, dietary practices, and attitude towards providing weight management advices in private hospitals. A total of 128 nurses participated in this study. The result showed that nurses had moderate weight management knowledge (mean=57%) and there was no significant difference between normal weight and over weight nurses in their weight management knowledge ( $p>0.05$ ). Heavier nurses ( $p<0.05$ ) and higher education nurses ( $p<0.05$ ) had favourable attitude towards providing weight management advices. The weight status of the nurses were found to be significantly correlated with their body image perception ( $r=0.595$ ;  $p<0.01$ ). Body image perception was significantly different between normal weight and overweight nurses ( $p<0.01$ ). However, this study showed no significant correlation between weight status of nurses and their attitude on physical activity ( $p>0.05$ ), dietary practices ( $p>0.05$ ), weight management knowledge ( $p>0.05$ ). Besides that, there is no significant difference in attitude physical activity ( $p>0.05$ ) and dietary practices ( $p>0.05$ ) between normal weight and overweight nurses as well. Continuing weight management education was suggested to improve their weight management knowledge of the nurses.

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