

**NUTRITIONAL STATUS AND FOOD
INSECURITY AMONG GURKHA
CHILDREN IN KUALA LUMPUR AND
SELANGOR**

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

JACKLYN KANG PUI YEE

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

**B. Sc. (Hons.) Food Science & Nutrition
Faculty of Applied Sciences
University College Sedaya International**

2008

ABSTRACT

Food insecurity is the inconsistent access to an adequate nutritionally balanced diet. Usually it causes drastic effect on young children's growth. The objectives of this study were to (i) assess the nutritional status and food insecurity among children in Gurkha Community in Kuala Lumpur and Selangor; (ii) determine the correlation between nutritional status and food insecurity within the community; and (iii) determine the correlation between sociodemographic factors and food insecurity among this community. A total of 30 Malaysian Gurkha households living in Kuala Lumpur and Selangor who have children age from 3 to 12 years old were selected to participate in this research. Research was divided into anthropometry measurement of the children and interview with the mother. Food insecurity was assessed using the 10-item Radimer/Cornell Hunger and Food Insecurity instrument. The findings show that the prevalence of stunting, underweight and wasting were 13.3%, 16.6% and 36.4% respectively. Based on BMI for age, 6.7% are at risk of overweight and 10.0% are overweight. The occurrences of food secure, household food insecure, individual food insecure are 33.3%, 43.3% and 23.3% respectively. There was no significant difference and no significant correlation between nutritional status and food insecurity. Sociodemographic factors that were significantly negative correlated to individual food insecurity are level of father's education, father's monthly income, total household income, and income per capita. Income per capita was also significantly positive correlated with food secure. This indicates that the main risk factor for food insecurity is related to economic status.

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