

**NUTRITIONAL STATUS AND PHYSICAL
ACTIVITY OF FEMALE ADOLESCENTS FROM
SRI SEDAYA AND SRI KUALA LUMPUR
PRIVATE SCHOOLS**

DIANA HU PING PING

**B.Sc. (Hons.) FOOD SCIENCE & NUTRITION
FACULTY OF APPLIED SCIENCES
UCSI UNIVERSITY**

2010

ABSTRACT

The objective of this study was to determine the nutritional status and physical activity of female adolescents from Sri Sedaya and Sri Kuala Lumpur private secondary schools. This study also aims to compare the physical activity level and socioeconomic status with nutritional status of subjects. A sample of 200 female adolescents aged from 13 to 16 years old completed a self administered questionnaire, which incorporated questions on demographic data, 24-hour diet recall, IPAQ and anthropometric measurements. In this study, it was found that majority of subjects had normal weight status which was 84%, under-nutrition (severe wasting and wasting) 4.5% and over-nutrition (overweight, obesity and severe obesity) which was 11.5%. There was significant difference ($p < 0.05$) when BMI of subjects compared with their socioeconomic status. Majority of subjects (97%) had healthy range of body fats and only 3% of subject's body fat was classified as obese. There were no significant difference ($p > 0.05$) when body fat percentage of subjects compared with physical activity level and age group. Only 7% of subjects had waist circumference exceeds 80cm (abdominally obese) and majority had healthy waist line. 47% of subjects were found to be moderately active in physical activity, followed by 31% of low physical activity level and 22% of high physical activity level. There was no significant relationship between physical activity level and age group as $p > 0.05$. As expected, there was significant inverse correlation between IPAQ score (total physical activity) and BMI as $p < 0.05$ ($r = -0.142$). For dietary intake analysis, there was no significant difference when energy intake was compared with socioeconomic status as $p > 0.05$. Lastly, there was no significant correlation between energy intake and IPAQ score as $p > 0.05$ ($r = 0.026$). As a summary, dual malnutrition present among the female adolescent from urban area with over-nutrition prevalence more severe than under-nutrition. Hence, health-care providers should educate the adolescents about healthy eating pattern, nutrition knowledge and to encourage adolescents to engage regularly in physical activity in order to reduce the prevalence of malnutrition.