

THREE FACTOR EATING QUESTIONNAIRES AND
BODY MASS INDEX (BMI) AMONG THE MALE
STUDENTS OF DIFEERENT ETHNICITIES
IN UCSI UNIVERSITY

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ABSTRACT

The aim of this cross-sectional study was to compare three factor eating questionnaire and BMI among the male students from different ethnicities in UCSI University. A total of 250 participants between the age of 18 and 29 years completed a 51-item questionnaire which assessed dietary restraint, disinhibition and hunger scores, and as well measured anthropometric measurements to calculate BMI, BMR, percentage body fat and waist circumference. The weight status of the students was further categorised as underweight, normal weight, overweight and obese. Results revealed that, 10% of the participants comprised of Malays, 20% were Chinese while 10% of the locals were Indians, 60% of the participants were from Africa (20% were Kenyans, 20% of them were Nigerians and 20% from Botswana). The mean BMI for all the sample study was 24.55 kg/m^2 , African participants had significantly higher mean BMI of 24.65 kg/m^2 and mean waist circumference $76.81 \pm 9.99 \text{ cm}$ and for the Malaysian subjects (24.34 kg/m^2 , 3.12 ; $74.74 \pm 10.24 \text{ cm}$). Significantly more African students had the highest mean percentage body fat of $16.02 \pm 4.89\%$ while the Malaysian students had a mean $15.58 \pm 5.11\%$. Significantly African students (1815kcal) consumed higher calories than Malaysian (1790kcal). For TFEQ, for restraint 1.1% were underweight, 51% were normal weight, 44.3% were overweight and 3.4% obese. In disinhibition, 0.5% was underweight, 51% were normal weight, 45.9% were overweight and 2.6% were obese and finally in hunger factor majority of the participants were overweight (49.4%) while 47.5% were in normal weight. In conclusion, future studies should further research on eating behaviour of college students. The subjects had no significant difference in BMI but a major difference in eating behaviour where the Malaysians were highly restraint while Africans were mainly disinhibitors.