

BORANG LAPORAN HASIL PENYELIDIKAN
PPSP

Tajuk geran: A Study on Obesity and Cardiovascular Risk Factors among Male Soldiers in Melaka, Malaysia

Penyelidik: Dr. Norwati Daud (Principal researcher)
Dr. Harmy Mohamed Yusoff
Dr. Shamsul Bahary Muhamad

Jenis geran: Short Term Grant: 304/PPSP/6131620

Tempoh geran: 1 Julai 2008 – 31 Oktober 2010

Jenis laporan: Laporan Kemajuan Alatan di beli Ya:nyatakan.

1. Komputer riba
2. Printer

Laporan Akhir*: Tidak



OBJEKTIF SPESIFIK KAJIAN (sama spt dalam proposal asal)	SECARA RINGKAS TERANGKAN PENCAPAIAN/HASIL	OBJEKTIF TERCAPAI ATAU TIDAK
1. To determine the prevalence of obesity among male soldier in Melaka	The prevalence of obesity among male soldiers in Melaka was 15.6% (95%CI: 12.01, 19.20)	Ya
2. To determine the socio-demographic and cardiovascular associated factors of obesity among male soldiers in Melaka	Simple Logistic Regression showed that obesity had an association with age, waist circumference, body fatness, lean muscle mass, serum fasting blood sugar, serum total cholesterol, serum HDL-C, serum LDL-C, serum triglyceride, races, marital status, abnormal blood pressure, service group, smoking status and frequency of exercise	Ya
3. To estimate the coronary heart disease risk among male soldiers in Melaka using Framingham score.	Majority of the respondents (95.9%) had low risk of getting coronary heart disease in next 10 years time. None of the respondent had 10 years risk more than 20%.	Ya

- Laporan Akhir perlu disertakan salinan manuskrip dan surat yang dihantar kepada mana-mana jurnal untuk penerbitan.

Nama Penyelidik Utama (PI): DR NORWATI DAUD

Tarikh: 28/6/2011

l.t.: *Norwati*





LAPORAN AKHIR PROJEK PENYELIDIKAN JANGKA PENDEK

FINAL REPORT OF SHORT TERM RESEARCH PROJECT

Sila kemukakan laporan akhir ini melalui Jawatankuasa Penyelidikan di Pusat Pengajian dan Dekan/Pengarah/Ketua Jabatan kepada Pejabat Pelantar Penyelidikan

<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>			
2. Pusat Tanggungjawab (PTJ): Jabatan Perubatan Keluarga, Pusat Pengajian Sains Perubatan, School/Department Kampus Kesihatan, Universiti Sains Malaysia					
4. Tajuk Projek: A Study on Obesity and Cardiovascular Risk Factors among Male Soldiers in Melaka, Malaysia					
i) Pencapaian objektif projek: <i>Achievement of project objectives</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ii) Kualiti output: <i>Quality of outputs</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
iii) Kualiti impak: <i>Quality of impacts</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
iv) Pemindahan teknologi/potensi pengkomersialan: <i>Technology transfer/commercialization potential</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v) Kualiti dan usahasama : <i>Quality and intensity of collaboration</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
vi) Penilaian kepentingan secara keseluruhan: <i>Overall assessment of benefits</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

7. Sila sediakan laporan teknikal lengkap yang menerangkan keseluruhan projek ini.
[Sila gunakan kertas berasingan]
*Applicant are required to prepare a Comprehensive Technical Report explaining the project.
(This report must be appended separately)*

Sila rujuk laporan

Senaraikan kata kunci yang mencerminkan penyelidikan anda:

List the key words that reflects your research:

Bahasa Malaysia

Bahasa Inggeris

Obesiti

Obesity

Tentera Malaysia

Malaysian Army

Penyakit kardiovaskular

Cardiovascular disease

8. **Output dan Faedah Projek**

Output and Benefits of Project

- (a) * **Penerbitan Jurnal**

Publication of Journals

(Sila nyatakan jenis, tajuk, pengarang/editor, tahun terbitan dan di mana telah diterbit/diserahkan)

(State type, title, author/editor, publication year and where it has been published/submitted)

1. Awaiting Manuscript review by Asia Pacific Journal of Public Health.

Manuscript submitted on 23rd May 2011

2. Oral presentation at World Congress on Military Medicine 2009 in Kuala Lumpur on 4-9 October 2009. Title 'Obesity and Cardiovascular Risk Factors among Armed Forces Personnel in Malaysian Army

ABSTRACT

The prevalence of obesity among army personnel is increasing in many countries. Therefore, this study was aimed to determine the prevalence of obesity and to estimate the 10-year Framingham risk of coronary heart disease event among male army personnel in Malaysia. A cross sectional study was performed on 392 male army personnel between January and July 2008. Their BMI was calculated and the parameters for calculation of the 10-year Framingham risk were measured. Data was analyzed using SPSS version 16.0. The results showed that the prevalence of obesity was 15.6% (95% CI: 12.01, 19.20). Majority of the respondents (95.9%) had low risk of coronary heart disease event in next 10 years. This study indicates that the prevalence of obesity among male soldiers in Malaysia was higher than that of the Malaysian general population based on the National Health and Morbidity Survey (NHMS) III 2006. However, majority of them had low risk of coronary heart disease.

Key words: army, cardiovascular, coronary heart disease, obesity, overweight, Framingham score