

**ASSESSMENT OF NUTRITIONAL STATUS, OBESITY, AND
METABOLIC SYNDROME AMONG UNIFORMED
PERSONNEL IN KOTA BHARU, KELANTAN**

by

NUR AMALINA BINTI ABU BAKAR

**Thesis submitted in partial fulfillment of the requirements for the
degree of Bachelor of Health Sciences (Nutrition)**

JUNE 2013

**PENILAIAN STATUS PEMAKANAN, KEGEMUKAN, DAN SINDROM
METABOLIK DI KALANGAN ANGGOTA SERAGAM DI KOTA BHARU,
KELANTAN**

ABSTRAK

Obesiti merupakan salah satu daripada risiko utama kepada kesihatan global yang telah mencapai kadar wabak yang dikaitkan dengan lebih banyak kematian di seluruh dunia berbanding kurang berat badan. Peningkatan prevalens sindrom metabolik (Mets) di seluruh dunia juga telah menjadi sebahagian daripada masalah kesihatan yang penting, yang membawa kepada kadar kematian awal di kalangan orang dewasa. Objektif kajian keratan rentas ini adalah untuk menentukan prevalens obesiti dan sindrom metabolik di kalangan anggota seragam dari Kota Bharu, Kelantan yang dipilih melalui kaedah persampelan secara sistematik. Seramai 136 anggota seragam (87 lelaki dan 49 wanita) yang berumur antara 26 hingga 58 tahun mengambil bahagian dalam kajian ini dan prevalens Mets telah ditentukan mengikut definisi IDF. Berat badan, ketinggian, indeks jisim badan (BMI), lilitan pinggang dan pinggul, lipatan kulit, profil lipid darah dan glukosa plasma berlapar telah diukur, selain daripada menjawab borang soal selidik sosio-demografi, Pengetahuan, Sikap dan Amalan (KAP) makanan dan pemakanan, Aktiviti Fizikal Antarabangsa (IPAQ) dan Kekerapan Pengambilan Makanan (FFQ). Prevalens Mets di kalangan anggota seragam berdasarkan definisi IDF adalah 17.6%, iaitu 17.2% dan 18.4% untuk lelaki dan wanita, masing-masing. Purata BMI \pm SD adalah 26.3 ± 4.3 dan purata BMI bagi lelaki dan wanita adalah 26.8 ± 4.2 dan $25.3 \pm$

4.3, masing-masing. Kira-kira 1.5% mempunyai kurang berat badan, 39.0% mempunyai berat badan normal, 41.9% mempunyai berat badan berlebihan, dan 17.6% adalah obes. Hasil kajian menunjukkan prevalens yang tinggi bagi berat badan berlebihan dan obesiti serta prevalens sindrom metabolik yang agak tinggi di kalangan anggota seragam. Ini menunjukkan bahawa prevalens obesiti dan Mets semakin meningkat di kalangan penduduk Malaysia tanpa mengira jenis pekerjaan. Langkah menangani yang betul serta perubahan dalam tingkah laku gaya hidup termasuk diet dan aktiviti fizikal perlu dilaksanakan.

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ABSTRACT

Obesity is currently one of leading risk to global health which has reached epidemic proportion which linked to more deaths worldwide than underweight. The increased prevalence of metabolic syndrome (MetS) worldwide had also become a part of an important health problem, leading to early mortality rate among adults. The objective of this cross sectional study is to determine the prevalence of obesity and metabolic syndrome among systematically selected uniformed personnel from Kota Bharu, Kelantan. A total of 136 uniformed personnel (87 male and 49 female) aged between 26 to 58 years old participated in this study, and the prevalence of MetS was determined according to the IDF definition. Weight, height, body mass index (BMI), waist and hip circumference, skinfold, blood lipid profile and plasma fasting glucose were measured, in addition to the administration of socio-demographic questionnaires, Knowledge, Attitude and Practice (KAP) on food and nutrition, International Physical Activity Questionnaires (IPAQ) and Food Frequency Questionnaire (FFQ). The MetS prevalence among the uniformed personnel by IDF definition was 17.6%, with 17.2% and 18.4% for male and female, respectively. The mean BMI \pm SD was 26.3 ± 4.3 and the mean BMI for male and female were 26.8 ± 4.2 and 25.3 ± 4.3 , respectively. About 1.5% was underweight, 39.0% was normal, 41.9% was overweight, and 17.6% was obese. The

results showed high prevalence of overweight and obesity as well as the prevalence of metabolic syndrome which found quite high among the uniformed personnel. This suggests that obesity and MetS prevalence is increasing in Malaysia population regardless the occupation type. The proper intervention as well as changing in the lifestyle behavior including the diet and physical activity should be implemented.