

## **A45 Dietary patterns and weight status of aboriginal primary school children in Negeri Sembilan**

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Weight status is an effective indicator of identifying malnutrition among children. Rural areas had a higher prevalence of severely underweight and moderately underweight children than urban areas. Using dietary pattern approach, which considers a more comprehensive overview of the diet could provide more interpretable findings than studying single nutrients or foods since foods are not consumed separately. Main objective is to study the association between dietary patterns and weight status of aboriginal children in Negeri Sembilan. An Analytical Cross-Sectional Study was conducted in 3 aboriginal primary schools in Negeri Sembilan with 296 respondents. Semi-quantitative food frequency questionnaire was used to assess their food consumption. AnthroPlus software was used to calculate BAZ and all the data was analysed using IBM SPSS statistic software. Two dietary patterns were identified namely staple food pattern (eigen value= 9.08, variance=11.22%) and high dense food pattern (eigen value=2.54, variance=9.72%). The prevalence of overweight was 17.7% and obesity was 16.7% among aborigine primary school children. Children with high household income significantly had higher BAZ compared to lower household income ( $F= 3.457, p=0.018$ ). Children aged 10-12 years old show a significant higher adherence to staple food pattern ( $t=-3.20, p=0.002$ ) as well as for high dense food pattern ( $t=-3.71, p<0.01$ ) compared to children aged 7-9 years old. Adherence to staple food pattern was high among children with parents with tertiary education background ( $F=4.801, p=0.01$ ). High adherence for high dense food pattern was significantly higher among household with >5 members compared to household ≤5 members (Q4=64.5% vs 35.5%;  $X^2=8.171; p=0.043$ ). There is no significant relationship between dietary pattern and BAZ. Sociodemographic background play crucial role in determining both dietary pattern and weight status.