



UNDERGRADUATE

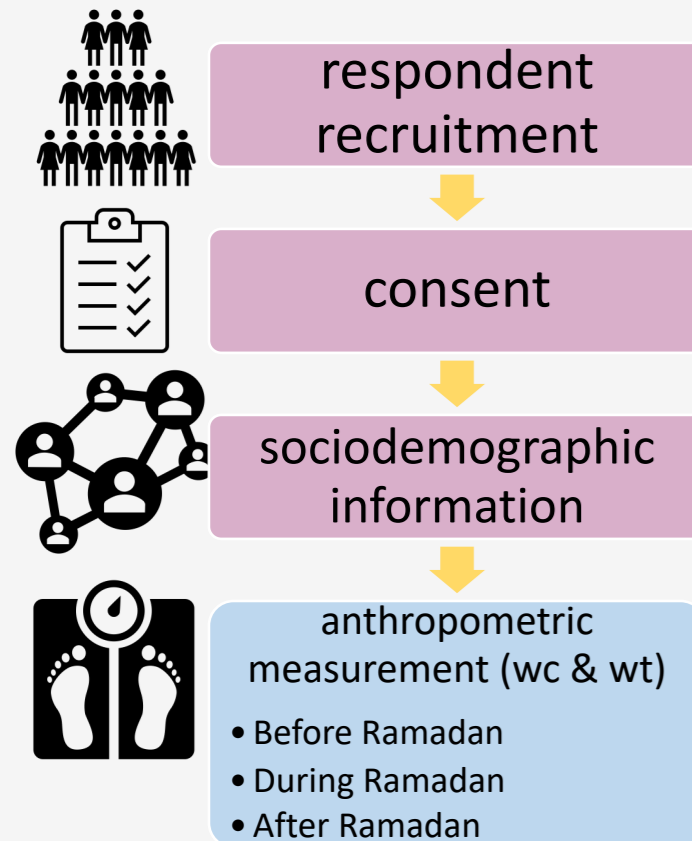
INTRODUCTION

The objective of this study was to compare the anthropometric measurements (weight, height, and waist circumference) of university students during the 3 measurement points.



Observations were made when Ramadan coincided with semester period in the years 2009, 2019 and 2021.

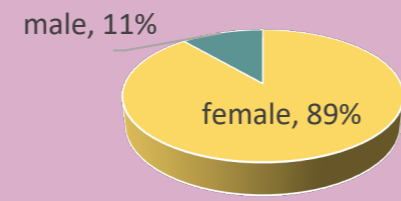
METHODOLOGY



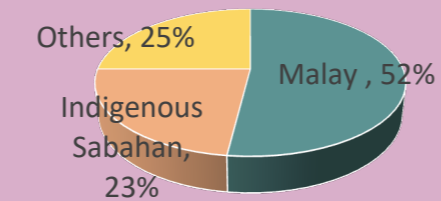
RESULTS

Figure 1: Participant's sociodemographic information

Gender of participants



Ethnicity of participants



Religion of participants

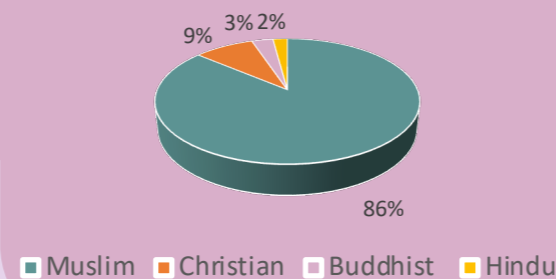


Figure 2: Nutritional status (BMI)

BMI categories of participants, CPG (2004) cut-offs

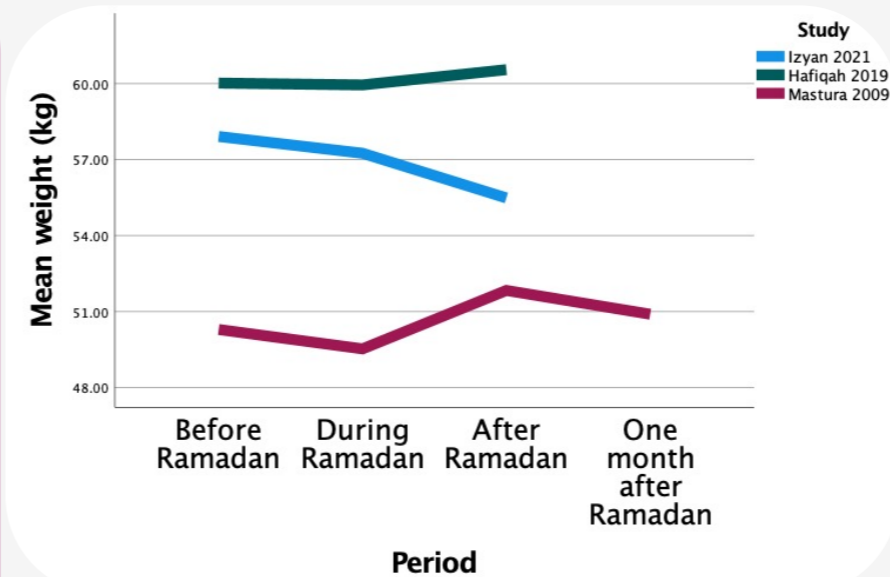
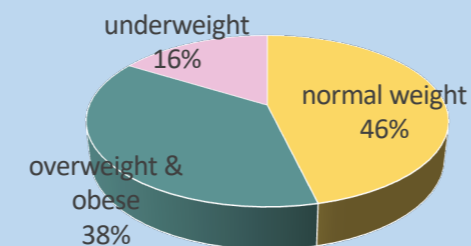
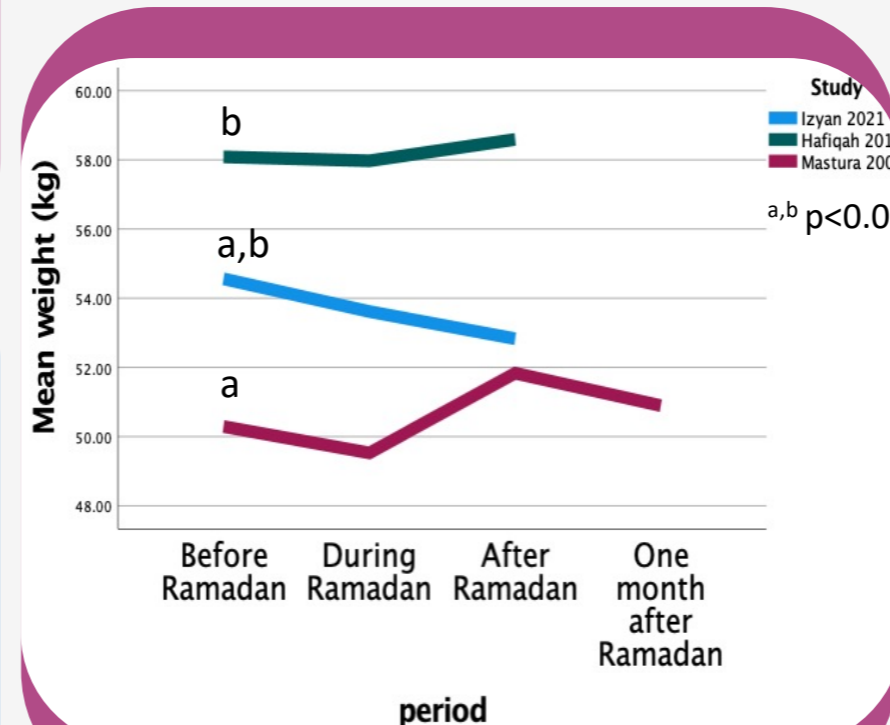
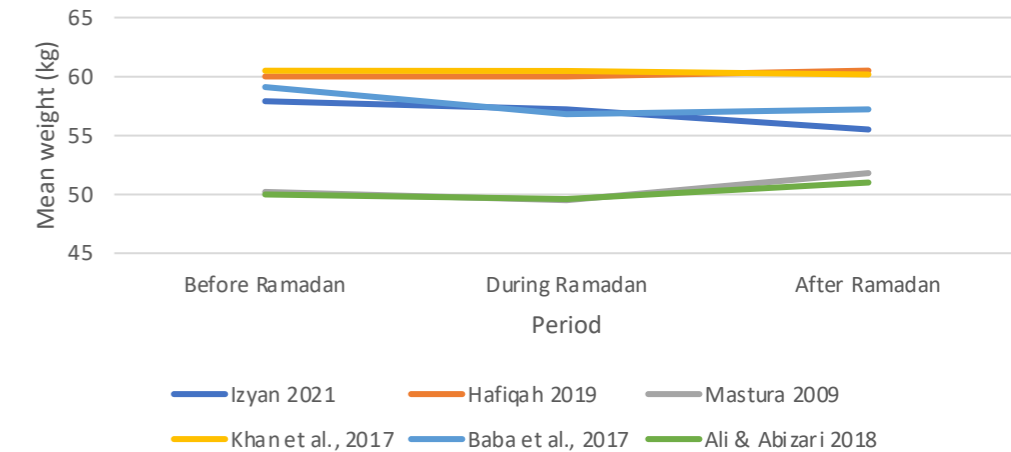


Figure 3: Mean weight before, during and after Ramadan for all participants (above) and female participants only (below)



DISCUSSION

Body weight changes before, during and after Ramadan



There were no significant changes in weight seen in this study which coincide with findings from studies conducted in Ghana, Nigeria and Pakistan.

CONCLUSION

In conclusion, there were no significant changes in weight and waist circumference due to changed eating habits for those observing Ramadan on campus. Females weighed significantly less about a decade ago ($p < 0.05$).

ACKNOWLEDGEMENT

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