

Title

- ❖ Brief, concise and able to indicate the nature of the study
- ❖ **All capital letters** and not exceeding **20 words**
- ❖ Font type: Times New Roman & Font size of 11
- ❖ **Align left and BOLD**

Author(s)

- ❖ Include details of the main author, presenting author and co-author(s) including their affiliations
- ❖ Full name (**First Name, Last Name**)
- ❖ Font type: Times New Roman & Font size of 11
- ❖ **Underline** presenting author

ASSOCIATIONS OF PARENTAL WEIGHT STATUS AND PARENTAL FEEDING PRACTICES WITH BMI-FOR-AGE OF SECONDARY SCHOOL STUDENTS IN LABUAN FEDERAL TERRITORY, MALAYSIA.

Shu Fen Ho¹, Yit Siew Chin¹ & Poh Ying Lim²

¹*Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Selangor, Malaysia*

²*Department of Community Health, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia*

Introduction: Numerous studies reported that parental weight status and parental feeding practices were associated with children's body weight status. **Objective:** This cross-sectional study aimed to determine the associations of parental weight status and parental-feeding practices with BMI-for-age among secondary school students in Labuan Federal Territory. **Methods:** Body weight, height and body fat percentage of the students were measured. BMI-for-age (z-score; BAZ) of the students was classified using WHO Growth Reference (2007). Self-reported body weight and height of students' parents were obtained to reflect their body weight status. Parental-feeding practices were assessed using a validated Child-Feeding Questionnaire. **Results:** A total of 420 secondary school students had participated in the study. A majority of the students were Malays (55.0%) and had low household monthly income (71.5%). The prevalence of overweight and obesity among secondary school students was 31.1% with a mean BAZ of 0.36±1.46. The prevalence of body fat percentage of the students was 25.5±7.2%. About half of the students' mother were either overweight or obese. There were significant correlations between household monthly income ($r_s = 0.121, p=0.015$), mother's BMI ($r=0.256, p<0.001$), father's BMI ($r=0.218, p<0.001$), pressure to eat ($r=-0.228, p<0.001$), perceived parent weight ($r=0.188, p<0.001$), perceived teen weight ($r=0.467, p<0.001$) and parents' concern on child weight ($r=0.133, p=0.006$) and BMI-for-age of the students. Multiple linear regression analysis showed that perceived teen weight ($\beta=0.374$), pressure to eat ($\beta=-0.213$), mother's BMI ($\beta=0.112$), father's BMI ($\beta=0.126$) and parental concern on child weight ($\beta=0.111$) contributed towards high BMI-for-age of the students at $p<0.05$ level of significance explaining 29.1% of the variance in BMI-for-age ($R^2=0.291, F=33.331, p<0.001$). **Conclusion:** Parental BMI, pressure to eat, perceived teen weight and parental concern were associated with BMI-for-age of the students. Therefore, the involvement of the parents in healthy lifestyle campaign and intervention program for secondary school students remains crucial.

Affiliations

- ❖ Provide: Department/ Faculty, Institution, State and Country wherever possible.
- ❖ Font type: Times New Roman & Font size of 11
- ❖ **Align left and ITALIC**

Main text of abstract

- ❖ Not exceeding 300 words (not including Title, Author(s) & Affiliations)
- ❖ Consisted of Introduction, Objective, Methods, Results and Conclusions of the work). Differentiate these sections and **Bold the sub-headings**.
- ❖ Font type: Times New Roman & Font size of 11