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Is there a correlation between eating habits and study location among Indonesian college students?

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Statement of the Problem: The background of this study is referring to the phenomenon of Indonesian students who live outside their hometown tend to have a careless eating habit. The difference in study location may cause a different type of eating habits between Indonesia and overseas, furthermore study intensity, meal preparation, and food access also may be influenced by this difference of study location. The purpose of this study is to determine the correlation between study location and eating habits for students who go abroad in Malang, Indonesia and in the city of Taipei, Taiwan.

Methodology & Theoretical Orientation: Subjects were Indonesian college students who live outside their hometown for doing the study to Malang city, Indonesia and Taipei city, Taiwan. The total target sample was obtained as many as 493 respondents (397 respondents in Malang city and 96 respondents in Taipei City). Measured variables were studied intensity, meal preparation, food access, and eating habits in both two cities.

Findings: The Indonesian college students, who lived in both Malang city and Taipei city, did not have the significant difference in eating habits. However, the trend showed healthier eating habits in Malang city. On the other hand, study intensity, meal preparation, and food access were significantly different in both cities. Indonesian college students in Taipei tended to have higher prevalence of low study intensity, dependent meal preparation, and difficult food access.

Conclusion & Significance: There is the significant correlation between study location and study intensity, meal preparation, food access, but not eating habits. Future research is needed to know the reasons for this insignificant correlation between eating habits in these two countries.

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Silkworm pupae oil exerts hypolipidemic and antioxidant effects in a rat model of high-fat diet-induced hyperlipidemia

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Silkworm pupae are good resources of edible oil that is especially rich in unsaturated fatty acids and considered an excellent dietary supplement for hyperlipidemia. In order to investigate the effects of silkworm pupae oil (SPO) on the lipid profile and oxidative stress, dyslipidemic-diabetic Wistar rats (n=50) were divided into five diet groups of 10: normal control (C); high-fat diet control group (HF); and three other groups fed a high-fat diet with SPO supplementation (1, 2, or 4 mL•kg-1•d-1) orally. Groups fed with SPO had significantly lower concentrations of serum total cholesterol (TC) ($P<0.05$) and low-density lipoprotein cholesterol (LDL-C) ($P<0.05$) compared with the HF group. In regard to antioxidant parameters, except for levels of glutathione peroxidase (GSH-Px) in the liver, 2 and 4 mL•kg-1•d-1 of SPO supplementation leaded to higher total antioxidant capacity (T-AOC) ($P<0.05$), superoxide dismutase (SOD) ($P<0.05$) and GSH-Px levels ($P<0.05$) and lower malondialdehyde (MDA) levels ($P<0.05$) both in serum and liver versus the HF group. The study indicated that supplementation with SPO can improve lipid profiles and alleviate oxidative stress in dyslipidemic-diabetic rats induced by high-fat-diet, which showed great potential in ameliorating disorders of glucose and lipid metabolism.

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