

22nd European Nutritional Science Congress

November 26-27, 2018 | Barcelona, Spain

Relationship of eating attitude and bone health among undergraduates from Universiti Putra Malaysia

Roxana Dev Omar Dev

Universiti Putra Malaysia, Malaysia

The study aimed to assess the eating attitude of university students related to bone health. A cross sectional study was conducted on 281 apparently healthy students aged 18 to 27 years old. They were selected through stratified sampling technique from the Faculty of Educational Studies, Universiti Putra Malaysia. Data was collected on socio-demographic characteristics, medical history, eating attitude and bone health (bone mineral density). The eating attitude was assessed from the EAT-26 questionnaire and the BMD of the respondents were measured using calcaneal Quantitative Ultra Sound (QUS) by using Sonost-3000. A higher value of EAT-26 denotes a higher risk of eating disorder. Weight and height were also measured. There was a negative relationship of eating attitude and BMD ($r=-.281$) that showed those with eating disorder have a lower BMD; which has the risk of having osteoporosis. Female students practiced more negative eating attitudes compared to males which may be considered as dietary risk factors for osteoporosis. It is concluded that Universiti Putra Malaysia female students are at higher risk of Osteoporosis later in life if no intervention is done in the university. Health strategies should aim to improve eating attitude among university students, and to reduce the risk of Osteoporosis through lifestyle modifications.

roxana.dev@gmail.com

Notes: