



MyBreakfast Study of School Children: *Findings, Implications & Solutions*

SYMPOSIUM

Presentation 1:

Introduction to MyBreakfast Study

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Introduction

- Breakfast consumption is recognized to confer important benefits to children and adolescents, including:
 - Healthier body weight status
 - Better nutrient profiles
 - Higher cognitive and academic performance
 - Improved school attendance
- Previous smaller studies have indicated:
 - Breakfast
 - the most commonly skipped meal among school children and adolescents in Malaysia
 - estimated prevalence ranging from 20 – 40%
 - Breakfast consumption
 - high in rural areas such as in Tuaran, Sabah, but the quality of the foods found to be poor

Introduction (2)

- There is no nationwide study on breakfast habits involving both primary and secondary school children in Malaysia
 - The last nationwide study among primary school children (6-12 years old) conducted by UKM (2008)
- Hence, in 2013 the Nutrition Society of Malaysia (NSM) initiated the MyBreakfast Study:
 - A comprehensive nationally representative study on breakfast habits among school children aged 6 to 17 years in Malaysia
 - In this study, weight and height, physical activity and dietary intake of the children were also measured.

Objectives

- ❖ To determine breakfast habits among Malaysian school children
- ❖ To determine consumption of wholegrain foods, ready-to-eat cereal (RTEC) and fortified beverages among the children
- ❖ To determine bodyweight status, physical activity level and dietary intake of the children and their associations with breakfast habits.

Utilisation of findings by policy makers and programme managers

This study is expected to:

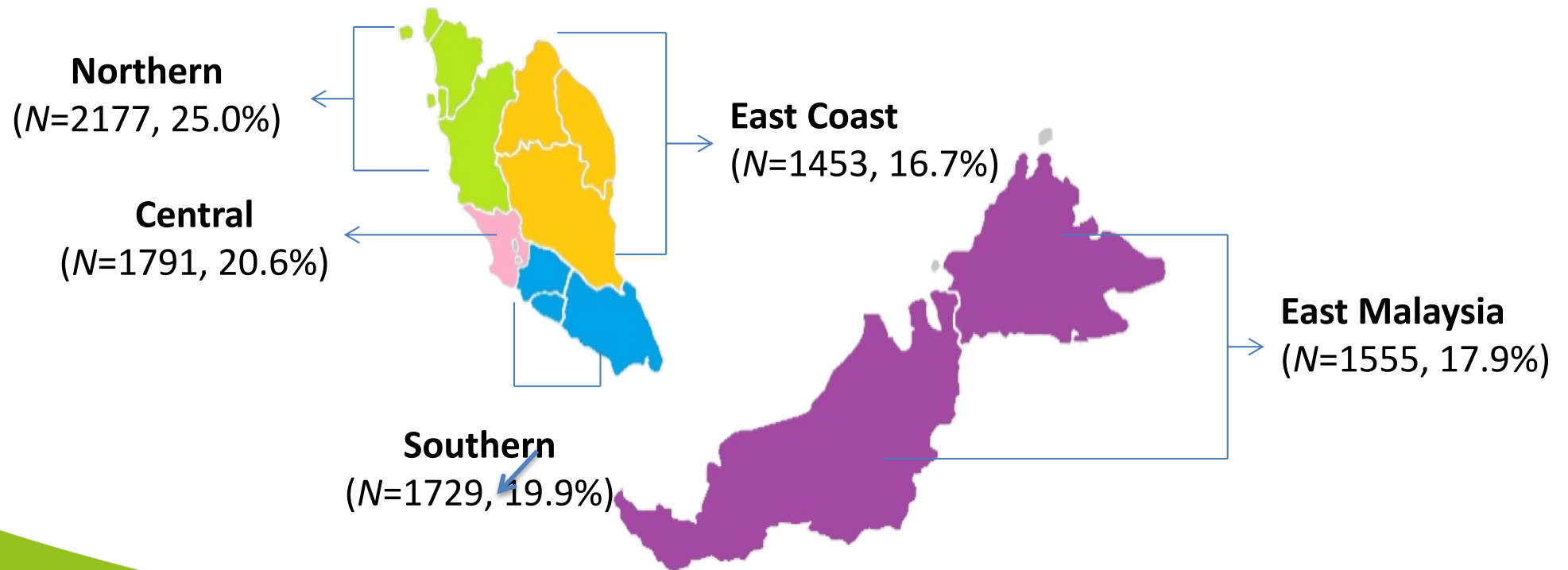
- Provide useful information on breakfast habits of Malaysian school children that can be used to **direct promotion activities to encourage school children to consume breakfast regularly**
- Provide basis to **develop and implement appropriate intervention programs to:**
 - **Prevent overweight and obesity**
 - **Improve dietary intake**
 - **Increase physical activity level**

Study participation

A total of **8705 primary and secondary school children** participated:

- Primary school: 5581
- Secondary school: 3124

The children were sampled from all **five regions of Malaysia** as shown below:

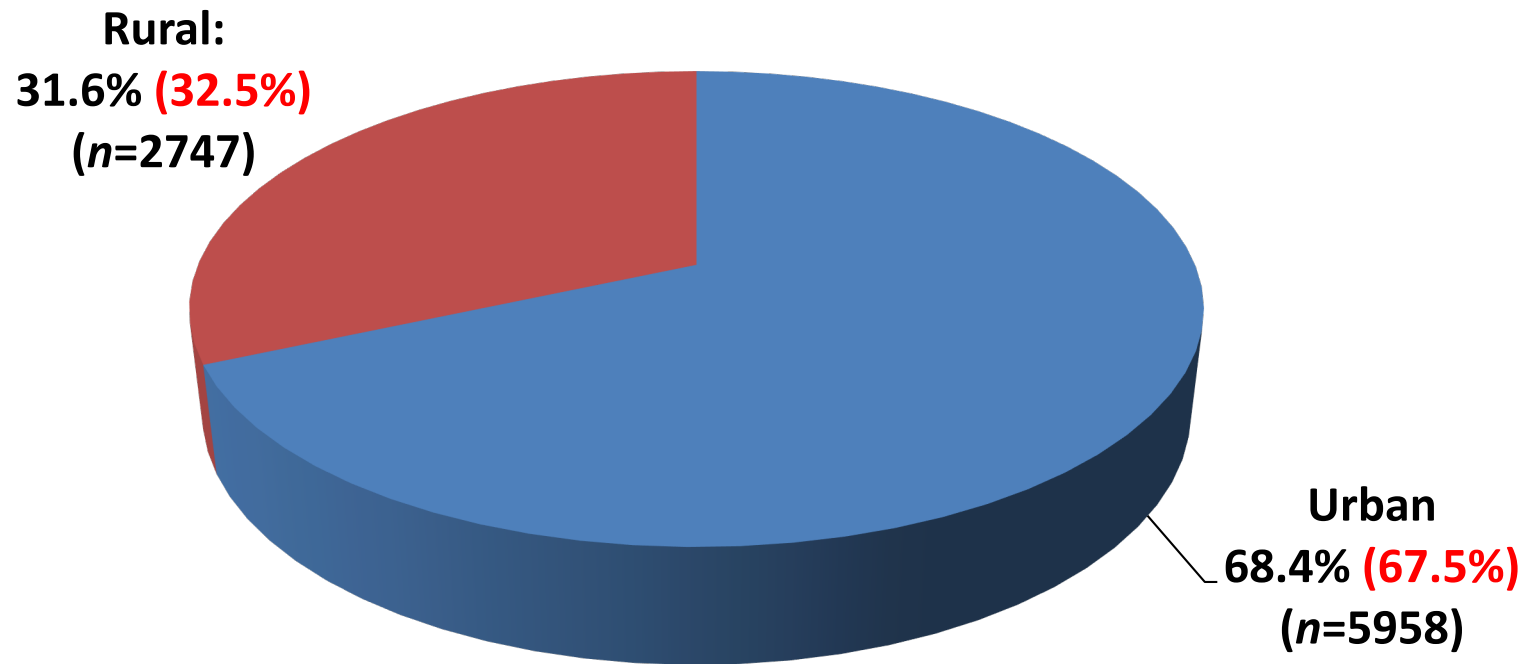


Distribution of children studied by region, location and ethnic groups are very similar to those in the Population and Housing Census 2010, the study sampling framework

Background of respondents

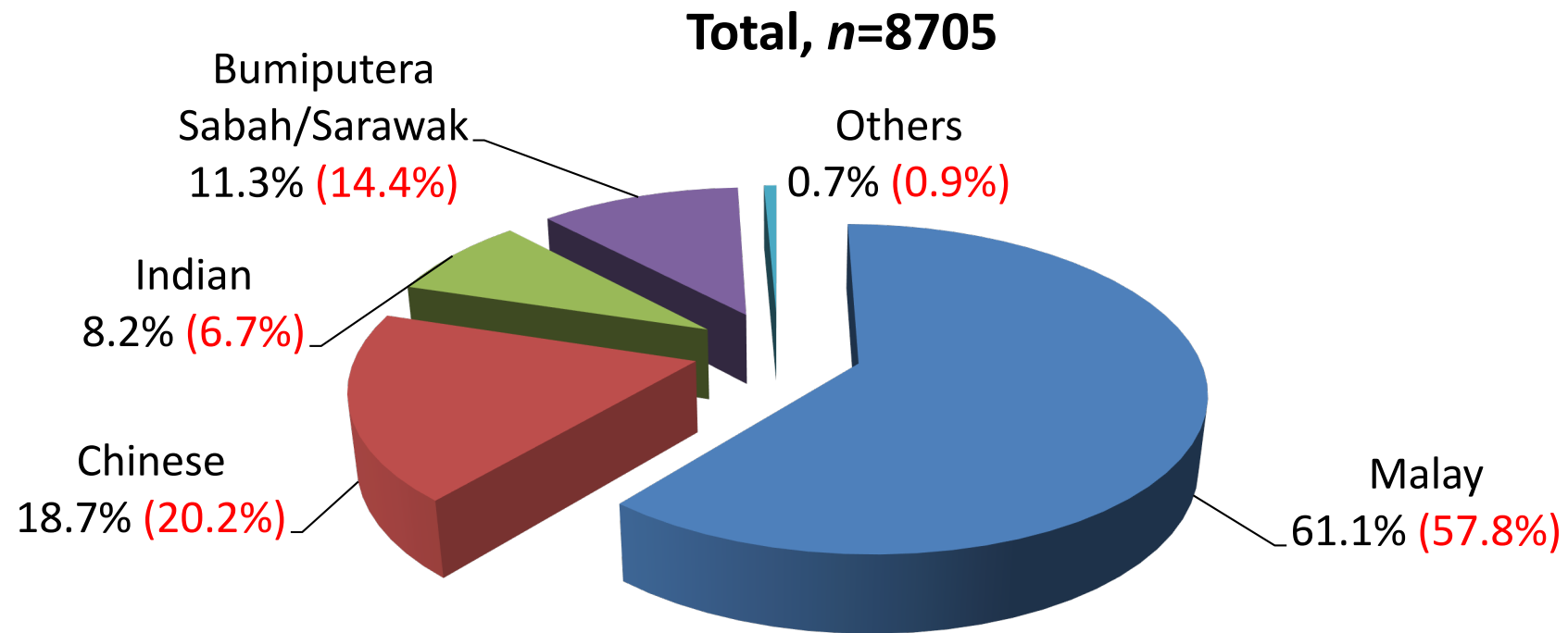
Location

Total, n=8705



Distribution similar to the population and housing census 2010 (see figures in red, in parentheses)

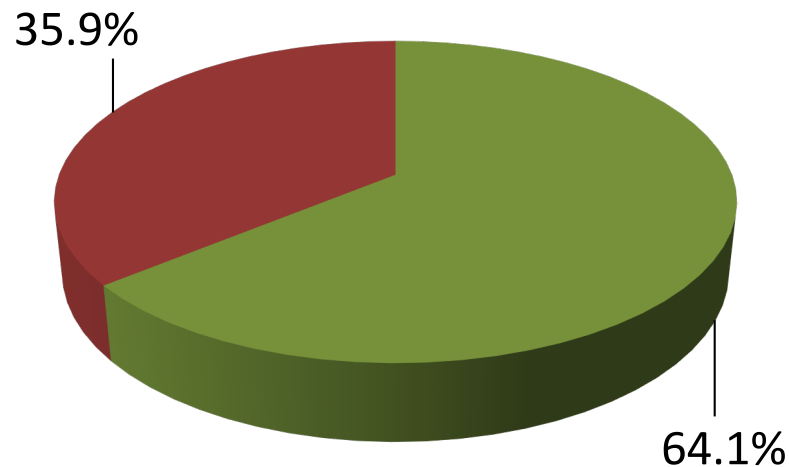
Ethnic group distribution



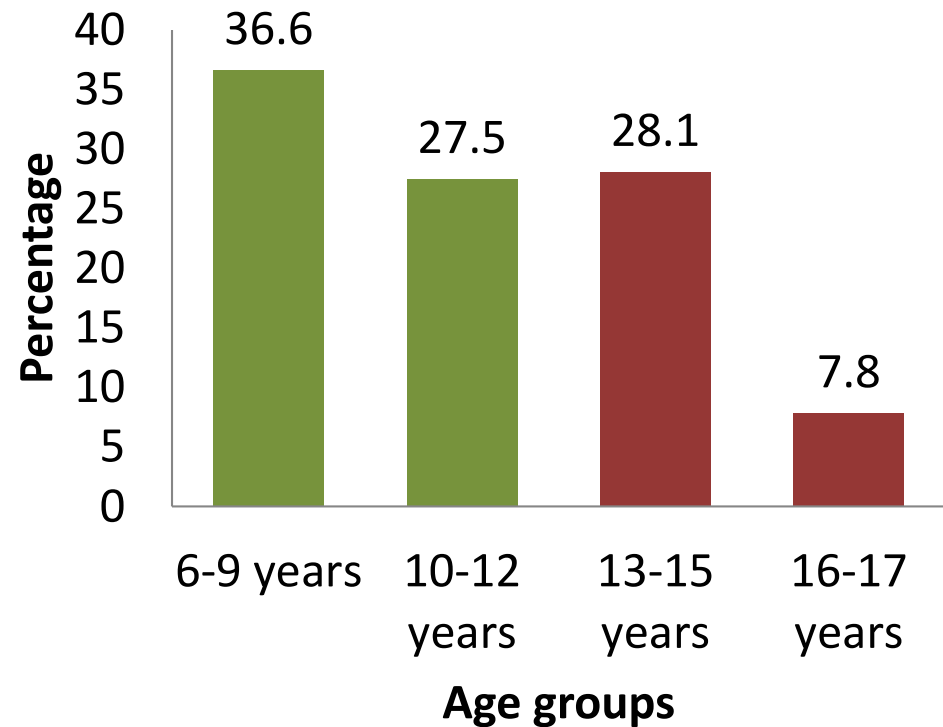
Distribution similar to the population and housing census 2010 (see figures in red, in parentheses)

Age group distribution

Total, $n=8705$



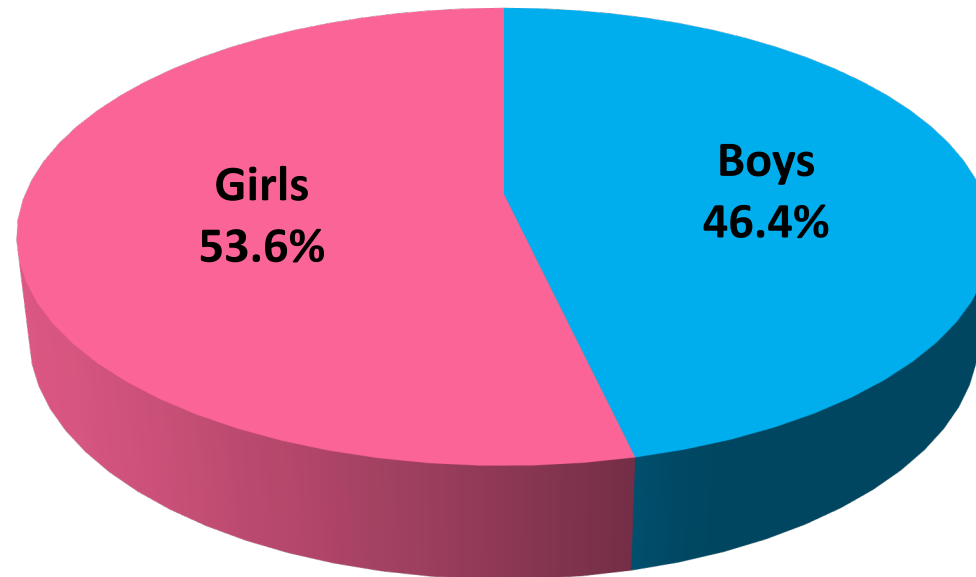
■ Primary school children
■ Secondary school children



**Children in exam years (Std 6, Form 3 & Form 5) were excluded*

Sex distribution

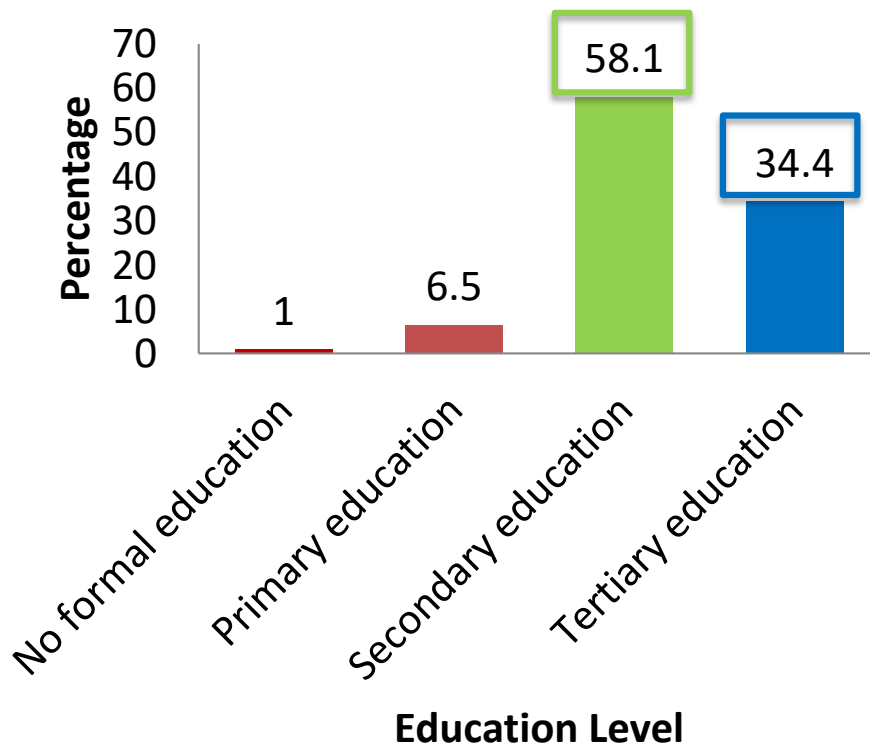
Total, $n=8705$



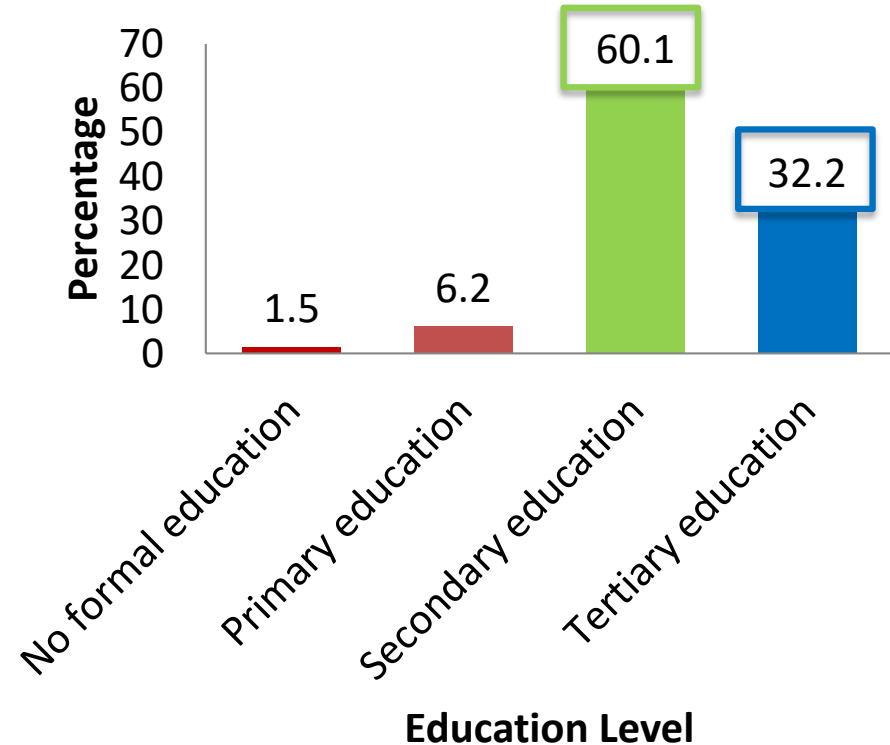
Similar distribution for both sexes

Parents' education level

Father's Education Level
(n=8078)

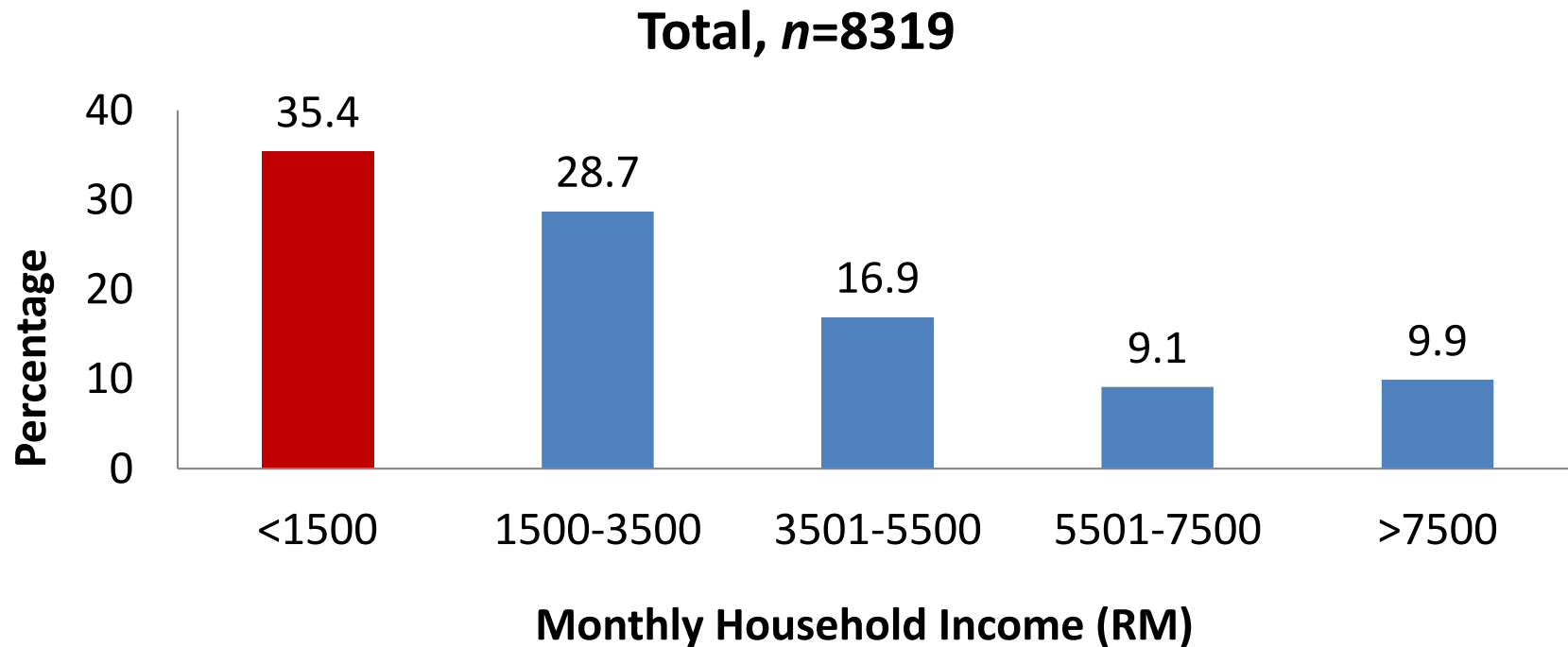


Mother's Education Level
(n=8254)



Educational level of fathers and mothers were similar; slightly over half had secondary education and about one third had tertiary education

Monthly household income



About one third of households had monthly income below RM1500

THANK YOU



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Presentation 2:

Research methodology

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