

## OP\_P003

### **SOCIETAL JUDGEMENTS OF PHYSICAL APPEARANCE IN RELATION TO FOOD BEHAVIOUR, PHYSICAL ACTIVITIES, SMOKING AND INTERNET USE IN ADOLESCENTS SEEN IN THE PAEDIATRIC OBESITY AND DIABETES CLINIC**

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#### **INTRODUCTION**

The prevalence of childhood obesity and diabetes among adolescents in Malaysia is a concern. It affects the quality of life, and exposes to societal judgements related to physical appearance, which affects mental well-being. This study seeks to contribute valuable insights into the experiences of adolescents with obesity and diabetes and their implications for physical and mental health.

#### **METHODOLOGY**

Patients aged 12 to 18 years old attending the obesity and diabetes clinic at UMMC were invited to participate. A questionnaire-based assessment was offered. The questionnaire was adapted with consent from the NHMS 2017 committee. The study was approved by UMMC ethics. We analysed 4 components which include food behaviour, physical activities, smoking and internet usage.

#### **RESULT**

A total of 43 patients responded to the questionnaire. Forty-four percent (n=19) were males with 7.0% (n=3) recruited from the obesity clinic and 93.0% (n=40) from the diabetes clinic. Their mean age was 14.8 years old. Twelve (28%) reported that they were unhappy with their physical appearance. Amongst them, 79% (n=24) considered weight to be a very important aspect of their life. Eighteen (42%) reported consuming fruits less than once/day, while 20.9% (n=9) reported the same for vegetables. Additionally, 30% (n=15) did not drink milk at least once/day, while 4.6% (n=2) admitted to consuming carbonated drinks more than once/day. Eleven (25.6%) confessed to indulging in fast food more than twice/week. One respondent reported using e-cigarettes/vape more than three days/month and started vaping at the age of 14 years old. No one currently smokes. Seventeen (39.5%) reported infrequent physical activities less than once/week, while 52% (n=22) were driven to school. The majority 93% (n=40) were dependent on electronics, including smartphones, computers, and iPads, in their daily activities.

#### **CONCLUSION**

We anticipate that children with obesity and diabetes will encounter challenges with their mental and physical well-being. Understanding and addressing their daily behaviours and risk associated with lifestyle may be useful to prevent potential physical and mental health concerns.