

URBAN RURAL VARIATION IN BREAKFAST CONSUMPTION AMONG MALAYSIA ADOLESCENT

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Introduction

Breakfast is the most important meal of the day as it gives energy to get things done, while also providing other essential nutrients required for good health.

Objective

This study aims to review the breakfast consumption among urban and rural adolescents in Malaysia and the reason of skipping breakfast.

Results

1 PREVALENCE OF INADEQUATE BREAKFAST

	Rural	Urban
Malaysia	71.3%	69.0%
Gender		
Female	71.1%	70.1%
Male	71.6%	67.8%
Education Level		
Primary School	67.2%	70.3%
Secondary School	73.9%	66.9%

2 MAIN REASON WHY ADOLESCENT SKIP BREAKFAST




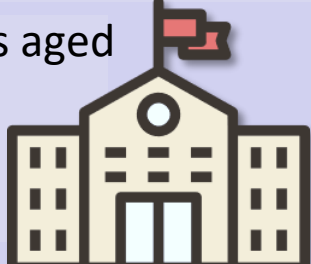
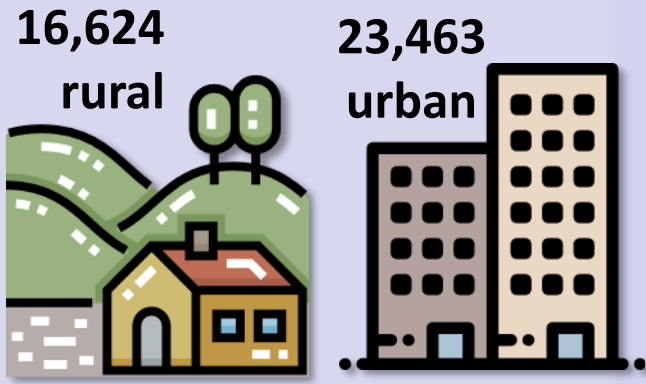


no time

&



no appetite

Methodology

- Secondary data of NHMS 2017¹ consists of **40,087 respondents** 
- Consisted of adolescents aged **10 to 17 years old** attending school in Malaysia 
- 16,624 rural** and **23,463 urban** of respondents 
- Adequate breakfast consumption** (person who consumed breakfast daily) 
- Descriptive analysis** for complex sample 

Discussion/Conclusion

- This study finding shows that majority of adolescent having inadequate breakfast in a week.
- The prevalence of inadequate breakfast in rural was higher than in urban.
- Previous study had confirmed there were differences of eating breakfast consumption between urban and rural areas². However the result were differ where urban was higher than rural.
- No time and no appetite was the main reason why adolescent in Malaysia skip breakfast³.
- There is a need to increase awareness of the importance of taking healthier breakfast among adolescents to promote a healthy lifestyle.

References

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3. Journal, B. (2017, November 29). Why Aren't More People Eating Breakfast? | Black EOE Journal. Retrieved August 14, 2020, from <https://blackoejournal.com/2017/11/arent-people-eating-breakfast/>