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GROUP 12

Knowledge, Perceptions and Attitudinal Factors on Obesity Among Adolescents of Private Secondary Schoolers in Subang Jaya

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Adolescent obesity is an escalating public health concern in Malaysia. It is closely linked to long-term complications such as type 2 diabetes mellitus and hypertension, highlighting the urgent need for targeted awareness initiatives. This project, Teen Fit Future: Tackling Obesity Head-On, aimed to educate teenagers on the causes, risks, body mass index (BMI), prevention, and complications of obesity through an interactive awareness talk. The programme was conducted at Asia Pacific School, Subang Jaya, with 49 students aged 16 years. Educational materials were reviewed by a qualified dietitian from Hospital Al-Sultan Abdullah to ensure accuracy. Knowledge was assessed through pre- and post-programme quizzes, while feedback surveys evaluated satisfaction. SPSS analysis showed improvement in knowledge across all questions, though the differences were not statistically significant ($p>0.05$). Participant feedback was positive, with satisfaction scores ranging from 3.36 to 3.86 on a 4-point Likert scale. In conclusion, the programme revealed that students possessed a good baseline understanding of obesity. Nonetheless, practical strategies, supportive school environments, and policy-level interventions are essential to transform awareness into lasting healthy behaviours.