

UNIVERSITI TEKNOLOGI MARA

**DETERMINATION THE RIGHT QUANTITY OF
THE FOOD AIDS AMONG CHILDREN AND
ELDERLY IN BERA PAHANG MALAYSIA**

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the results of my own work , unless otherwise indicated or acknowledge as reference work. This thesis has not been summited to any other academic institution or non-academic institution for any qualification

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ABSTRACT

Flood is one of the natural disaster that usually happened in Malaysia. Flood can cause food insecurity in livelihood thereby reducing self-sufficiency. Food insecurity are the problem appear during flood. However, limited information about the right quantity of the food aid are scant. Therefore, the main objective of this study is to determine the right quantity of the food aid among children and elderly in Bera Pahang Malaysia during flood event. A cross-sectional study using household questionnaire that include with Food Consumption Score which is a subset of the Cambodia Post-Flood Relief and Recovery Survey January 2012 was conducted at Bera Pahang that participate 122 sample by using cross – sectional study. The children participants, 53.2 % (n=33) of the respondents are male while another 46.8% (n=29) are female and the elderly respondent 53.3% (n=32) are male another 46.7 % (n=28) are female. The statistical technique used is mean comparison independent t-test to explain the residents Resting Metabolic Rate (RMR) and nutritional status among vulnerable group of both children and elderly affected by flood. The result from the median per capita energy requirement for the children of both gender for this study are providing 1550 kcal per person per day. Whereas the median per capita energy requirement for the elderly of both gender for this study are providing 1700 kcal per person per day. The food aid provide in the food ration should consist of approximately 10% to 14% of total energy from protein 20% to 35% energy from fat and 56% to 66% of carbohydrates. Thus, the right quantities of food aid among vulnerable group are important in order to prevent from food insecurity.

Keywords: food aid , nutritional status , children ,elderly ,flood

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CHAPTER I

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Since 1971 , Malaysia has affected by flooding many areas. Flood is the single most severe natural disasters in Malaysia. According to Syed Hussain et al. (2014), flood is defined as a situation where water flows exceed the carrying capacity of a river resulting in overflows over the river banks. Normally, this overflow happens when heavy rain takes place non-stop for a duration of several days at certain locations . There are many study related flood prone to food security and insecurity.

Oxfam defines food security as when every persons at the affected area have sufficient food for good healthy life by able to assess the food at any time (Young et al.,2001). Floods have affected food security of millions of households. From the previous studies, floods have affected food security by food supply with the households got decline resulting in food shortages. Severe damage to agricultural and livestock affects those who rely on these forms of food production. As a result the households were unable to feed themselves and the children good enough. The severity of the food insecurity can be judged by the prevalence of the acute malnutrition and nutrition status of the flood victims. Flood disasters are an underlying cause of malnutrition, malnourish and mortality especially to vulnerable target group such as the children and elderly. Moreover, besides effects on food security and nutrition flood also cause severe effects on water and sanitation, household assets and economic status (Wise, 2012). According to Musah et al. (2013), a lot of victims have suffered homelessness, disaster induced ill health, severe economic losses and personal tragedies. Food security or rather insecurity is the most significant problem during disaster and food-related emergencies. As we compare to