



**ANTHROPOMETRIC ASSESSMENT AMONG LEARNING
DISABILITY PATIENTS IN MALAYSIA**

BY

FARA SHAZWANIE BINTI OMAR TARMIZI

**RESEARCH PROJECT SUBMITTED AS THE PARTIAL
FULFILLMENT FOR
BACHELOR OF SPORT SCIENCE (Hons.) FOR THE
COURSE CODE SRW655**

**FACULTY OF SPORT SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA**

JANUARY 2014

ACKNOWLEDGEMENTS

First and foremost, I'm so grateful to Allah S.W.T showed me the right way to walk in my life. I would like to gratefully acknowledge the endless support and assistance from my supervisor and mentor Mr. Wan Mohd. Norsyam Bin Wan Norman. His abundant knowledge and willingness to share his wisdom, insights, and experiences enabled me to expand my base of knowledge of the nutritional field.

I have much respect for my supervisor, Mr. Wan Mohd. Norsyam Bin Wan Norman helped me stay focused on the particular theories and research in the literature relevant to the thesis topic. He spent countless hours discussing various aspects of the research and encouraged me to explore all avenues of information. His extensive help, patience and experience were much appreciated and the final product was a success because of him. He really supportive in all aspects and keep support me no matter.

In addition, special thanks to all my 40 subjects from welfare home are of Perak Darul Ridzuan for their cooperation and willingness to participate in this study. Finally, I would like to thank mostly the members of my family for always supporting me and showing me guidance when times became difficult. I'm being strong and patiently doing this project is all because of your supportive no matter I am. Without supportive from all of you, this project will not end well. Thanks for making me proud and bless to have all of you in my life.

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ABSTRACT

Overweight, obesity and health problems were serious cases especially among special population. There were very closely and have economic effects for the health care system. This problem was contained less especially in Malaysia as a result of certain factors, especially in terms of food intake and etc. Less information which is available that concerning about obesity-related problems among the intellectual disabilities. No published studies were found on intellectual disabilities at high risk for obese among children or adults in Malaysia. Besides, there were still discussing about the specific pattern for learning disabilities whether obese or non-obese among children and adults. The aim of this study was to describe the anthropometric measures among learning disability patients and to correlate the anthropometric measures and biological age of the learning disability patients in Malaysia. This study was cross-sectional study which the information was collected by Bio impedance Analyzer (BIA). The data was collected among 40 learning disability patients (age 8 – 52 years). The weight and height was measured by weighing scale and measuring tape. The waist-to-hip ratio also has been collected. There was no statistically significant correlation between anthropometric measures and biological among learning disability patients in Malaysia. Based on the results, the findings suggest that the problem of obesity among children, adolescents and adults with intellectual disabilities should be considered a major public health concern that warrants further attention in health care systems. This can help the populations to avoid from high risk of health problems and to keep fit and healthy.