

UNIVERSITI TEKNOLOGI MARA

**DETERMINATION THE RIGHT
QUANTITIES OF FOOD AIDS FOR ADULTS
IN BERA PAHANG, MALAYSIA**

MASTURINA BINTI MANSOR

Thesis submitted in fulfilment
of the requirements for the degree of
Degree of Nutrition and Dietetics (Hons.)

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AUTHOR'S DECLARATION

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

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of the Student	:	Masturina Binti Mansor
Student I.D. No.	:	2012448398
Programme	:	Degree of Nutrition and Dietetics
Faculty	:	Faculty of Health Science
Thesis Title	:	Determination the Right Quantities of Food Aids for Adults in Bera Pahang, Malaysia
Signature of Students	:
Date	:	January 2016

ABSTRACT

Natural disasters occur all over the world, and this event can be totally overwhelming for people's lives and the environments in which they live. Usually, malnutrition is one of the threat during the disaster because people are not being able to get the food. Food crises during disaster and food-related emergencies may cause food security or rather insecurity. Both are underlying causes of malnutrition and mortality and also a significant factor in the longer term livelihood security. This aim of a study is to assess the nutritional status of adult who affected by flood, to determine the food intakes and the availability of the food during flood as well as to determine the right of quantity food aids for affected adults during flood disaster. The study design used was retrospective cohort study and being conducted in Bera, Pahang. A total of 105 individuals are randomly collected from affected by the flood. For the underweight categories, male and female respondent shows 9.1% ($n = 3$) and 5.6% ($n = 4$), respectively. After the flood disaster, the median number of food intake for both gender were same with the number of food intake was 3 times per day and they do not have a problem with food insecurity. The suggested total energy for male is 2000 kcal while for female slightly lower, 1700 kcal. The rating for the government support of food aids, 79% ($n = 79$) of respondents are rate as adequate. As all the access to the town are down, food aids are required in order to make sure people of are affected in the flood can get adequate nutrition and thus indicate greater food security.

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CHAPTER ONE

INTRODUCTION

1.1 RESEARCH BACKGROUND

Malaysia can be separated into two parts which are known as Peninsular Malaysia and East Malaysia and since 1926, major flooding have been occurred about 15 times and flooding are the most commonly happened natural disaster especially during the monsoon season and it occurred almost every year. Most floods that occur are a natural as a result of Malaysia's geographical location and cyclical monsoons during the local tropical wet season that are characterized by heavy and regular rainfall from roughly October to March. The average rainfall in Malaysia is 250 centimetres or about 98 inch a year (Saw & Swee, 2007). On 2014, Malaysia was again hit by flood which has affected more than 200,000 peoples and killed 21 during the processed. This natural disaster has recently been described as the worst floods in over a decade (Bernama, 2014). Based on the historical event of flood disaster occurred in Malaysia, it is safe to say that the said disaster is a common event occurred every year. Therefore, such statistic as people were killed or unreachable food supply to the victim should have not happen. As the event has occurred in almost every year, the precautionous system should have be taken early on. Based on the record, most of East coast state such as Terengganu, Kelantan and Pahang were affected during this flood occurs. The lack of awareness of the victim to move out to a safest place prior to the event have contributed to difficulty to the rescue team whether in terms of Safe and Rescue (SAR) or distributing the food supply.

Despite the awareness of the people in Malaysia about environmental issues especially disaster, however, the general perception of Malaysian regarding this particular issue is, it should be resolved either by the district or local authority, and they expect the government to be the sole provider of flood protection when the flooding occur. Acknowledging this fact, the government has implemented the flood management program with its aim is to provide the much better service and ensuring the safeties of the victim, and according to the Ministry of Natural Resources and Environment, five strategies has been laid down as an approach to encounter the said