

**ASSOCIATION BETWEEN NUTRITIONAL PROFILE, BREASTFEEDING  
OUTCOMES AND EMPLOYMENT STATUS AMONG MALAY  
MOTHERS IN SELANGOR, MALAYSIA**

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## DECLARATION

We hereby declare that the work in this thesis is our own except for quotation and summarizes which have been duly acknowledged.

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## ABSTRACT

Observations on women's trend in labour force in Malaysia prior to the research period are increased by the years. This trend can influence on mother's nutritional profiles in term of dietary intake and body composition. Therefore, these factors are determinant for the success of breastfeeding outcome. This study was conducted to investigate association between nutritional profiles and employment status on breastfeeding outcomes among Malay mothers in Selangor. Using a prospective cohort design, employed and unemployed mothers were recruited through convenience sampling from Mothers and Child Health Clinic setting in three districts in Selangor which is Klang, Gombak, Petaling and Shah Alam. The nutritional status of the maternal was assessed using anthropometrical and food frequency questionnaires (FFQ). The anthropometrical data were taken and later were compared with WHO, BMI for Asian. Whereas, the FFQ were analysed and later compared with RNI. This research found that, employed mothers initiate breastfeeding soon after birth but duration of breastfeeding decline over postpartum period. On average, the complementary foods practices were introduced during 6 months among employed and unemployed mothers. While, more than half of nutrients meet the recommended nutrient intake (RNI) 2005 among employed and unemployed Malay mothers. Next, the mean of weight, body mass index (BMI), fat free mass (FFM) and total body fat percentage among employed mothers was high compared to unemployed who practising the same breastfeeding type, EBF. The dietary intake is not a major factor that can influence breastfeeding duration. Overall, although some of result obtained is not statically significance but it is proven that nutritional profile and employment status plays an essential role in determining breastfeeding outcome which may influence infant's health and development in later life.

## TABLE OF CONTENTS

DECLARATION .....	i
ACKNOWLEDGEMENT .....	ii
ABSTRACT.....	iii
TABLE OF CONTENTS.....	iv
LIST OF TABLES.....	vii
LIST OF FIGURES .....	1
LIST OF ABBREVIATION.....	1
GLOSSARY .....	1

### CHAPTER I INTRODUCTION

1.1 Background.....	1
1.2 Problem Statement.....	5
1.3 Objectives .....	7

### CHAPTER II LITERATURE REVIEW

2.1 Body Composition .....	8
2.1.1 Definition of Body Composition .....	8
2.1.2 Level of Fatness .....	8
2.1.3 Definition of Body Mass Index.....	9
2.1.4 Classification of Body Mass Index .....	10
2.1.5 Assessment of Body Composition .....	11
2.1.6 Factors Associated With Postpartum Weight Loss.....	13
2.1.7 Factors Contributions to Weight Gain .....	15
2.1.8 Body Composition, Weight Status and Breastfeeding Outcomes.....	16
2.2 Breastfeeding Outcomes .....	17
2.2.1 Definition of Breastfeeding.....	17
2.2.2 Definition of Breastfeeding Outcomes .....	17
2.2.3 Proportion of Breastfeeding Outcomes.....	18
2.2.4 Consequences of Breastfeeding Outcomes.....	19
2.3 Employment Status .....	20
2.3.1 Definition of Employment Status .....	20

2.3.2	Working Related Factors .....	20
2.3.3	Psychosocial Factors.....	23
2.3.4	Behavioural and Psychosocial Factors.....	24
2.4	Nutritional Profile.....	25
2.4.1	Dietary Intake .....	25
2.4.2	Definition of Dietary Intake.....	25
2.4.3	Assessment of Dietary Intake .....	27
2.4.4	Energy, Macronutrients and Micronutrients .....	28
2.4.5	Dietary Intake and Breastfeeding Outcomes .....	33

### **CHAPTER III RESEARCH METHODOLOGY**

3.1	Research Design .....	34
3.2	Sampling Design.....	35
3.3	Pilot Study.....	35
3.4	Setting and Participants .....	37
3.5	Instrumentation .....	36
3.5.1	Questionnaire Form .....	35
3.5.2	Nutritional Status Assessment .....	37
3.6	Procedure .....	42
3.7	Data Processing and Analysis.....	44
3.8	Ethical Consideration.....	44

### **CHAPTER IV RESULTS AND DISCUSSION**

4.1	Socio-demographic .....	46
4.2	Determination of Breastfeeding Outcomes among Employed and Unemployed Mothers	48
4.3	Nutrition Profile and Employment Status.....	53
4.4	Body Composition and Breastfeeding Outcomes .....	58
4.4.1	Comparison between EBF and NEBF on Body Composition .....	58
4.4.2	Association between Maternal Prepregnancy BMI and Breastfeeding Outcomes	60
4.5	Nutrition Profile and Breastfeeding Outcomes.....	65