

**MEASURING FOOD INSECURITY STATUS AND RELATIONSHIP
WITH FINANCIAL AND NUTRITIONAL STATUS AMONG
SUB-URBAN UNIVERSITY STUDENTS**

LAILA FADHILAH BINTI OMAR
NURAMYRA BINTI MOHD ZAHIR
NURFATIHA BINTI ZULKARNAIN HELMI
NURHADAINA HANI BINTI ZAHARIN

**BACHELOR (HONS) IN NUTRITION AND DIETETICS
FACULTY OF HEALTH SCIENCES
UNIVERSITI TEKNOLOGI MARA PUNCAK ALAM**

JANUARY 2015

DECLARATION

We hereby declared that the work in this thesis is on our own except for quotations as well as summaries which have been appropriately acknowledged.

DECEMBER 2014

LAILA FADHILAH BINTI OMAR

2011854476

NURAMYRA BINTI MOHD ZAHIR

2011440476

NURFATIHA BINTI ZULKARNAIN HELMI

2010426636

NURHADAINA HANI BINTI ZAHARIN

2011497504

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ACKNOWLEDGEMENT

All praises are due to Allah, The Most Beneficent, The Most Merciful and The Most Generous, whose blessing has providing us in the good health, an adequate time, and rational thinking to complete this thoroughgoing study. We would really love to express the deepest gratitude towards the following generous individuals or team division who has lending their hands in order to ease the task in preparing and conducting this research. Therefore, with the generous help this thesis is able to be completed. A very huge thanks to the main supervisor, Mr. Nazrul Hadi bin Ismail for those helpful ideas, valuable time spent on us, brilliant comment as well as feedback, throughout this thesis writing. Next, an honor to the co-supervisor, Mr. Khairil Anuar bin Md Isa who has willingly assisted us lot by providing advice, brilliant comments, wise suggestions and contributions of his valuable time throughout the research and completion of this thesis writing. Huge thanks to them for being an important individual, for sharing knowledge and expertise, and for their willingness in assisting us by guiding and supporting. In addition, we would really glad to give special thanks to the supervisor's research assistant, Ms. Nur Atiqah binti Alias, as she also has lend her hands a lot guiding and supporting us and together with her generous and helpful advice to conduct this research thoroughly and accordingly.

In addition, big thanks to each of the group members, for their valuable time and faithful cooperation and unstoppable encouragement towards each other in order to complete this thesis writing. Other than that, a huge appreciation will be accredited to the entire person that has been involved directly or indirectly throughout the research. Besides, we would really love to express a deeply recognition also to all the participants for their willingness and cooperation to not having doubt to participate in this study. We also would like to acknowledge the ethics committee on their commitment and cooperation in approving the request to conduct this study. Next, big thanks and appreciation to our parents for their commitment, understanding, motivation and support during throughout the course of this study. Lastly, we really appreciate the pleasant facilities, and comfortable atmosphere of UiTM Puncak Alam which has eases the effort to conduct this research.

ABSTRACT

A cross-sectional study was done in Universiti Teknologi MARA Puncak Alam campus in order to assess the degree of food insecurity. Objective of the study was to measure the food insecurity and its relationship with financial and nutritional status among sub-urban university students aged 18 to 25 years old. College students ($n = 241$) were recruited online through email and other social networking pages as well as booklet (hardcopy) form. The questionnaire gathered demographics criteria, such, age, gender, faculty standing, living arrangement and income. Next part of the questionnaire was used to measure the prevalence and severity of food insecurity by using US Adult Food Security Survey Module (AFSSM). Final part of the questionnaire form consists of financial management questions which including income expenses and purchasing behavior. Nutritional assessments are done by two-day 24-hour diet recall (24HDR) via face-to-face interview and phone call. Height and weight were measured in order to calculate BMI. Half of the students were criterion as food insecure (50.2 %) with most of them were classified as very low food secure (24 %). Results showed that students income per semester contribute to food insecurity among UiTM students ($p=0.017$). There were no significant association identified between income expenses and food insecurity. However this study found some factors of purchasing behavior contribute to food insecurity. Food insecurity had been identified significant to carbohydrates intake among male students ($p = 0.046$) and cobalamin intake among female students ($p=0.022$). As for BMI, there was no significant association to food insecurity. The findings from this study showed that food insecurity among university students are presented in high numbers and if there no preventive action are taken, it may become a serious problem as food insecurity had related with chronic disease.