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**A COMPARATIVE STUDY ON FOOD INTAKE BASED ON FOOD PYRAMID AND
HEALTH CONDITION AMONG ELDERLY IN SABAH AND SARAWAK**

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Abstract

Our research study is about the food intake among elderly and the impact on their health. We are doing a comparison study between elderly in Social Welfare Department of Sabah (St.Pritchard, Kinarut) and Social Welfare Department of Sarawak (Rumah Seri Kenangan) to see the difference in food intake between the two states. The achievement and maintenance of good nutritional status among elderly are critical to health, functioning and quality of their life. According to Healthy People 2010, these outcomes are a high public health priority. One or several individual characteristics (e.g. race, education, poverty) and health related factors (e.g. medical conditions, depression) were associated with nutrient adequacy and low nutrient intakes. The consequences of under nutrition among elderly include functional decline or frailty, decrease quality of life, increased health care utilization and costs, higher rates of adverse complications from other health conditions and increased mortality. Habits founded in past life and negative life events affected the food and meals in present life (Ellinor Edfors & Albert Westergren, 2012). According to the Department of Statistic Malaysia (DoS), the populations of elderly which range from 65 years old and above are increased by 0.2% in the year 2016. Malaysia also expected to be an ageing nation by 2030 because of a conquered population by the older people (The Star Online, 2015). Some elderly at such age are still healthy, active and productive. In this research study that we conducted, we want to know if their daily consumption is affecting their health. In this study, we are using the cross-sectional study to collect data where the data is collected just once. We will be using mixed method; qualitative and quantitative.

Table of Contents

Clearance for Submission of The Research Report by The Supervisor	i
The Declaration	ii
Abstract	iii
Acknowledgement	iv
Table of Contents	
Chapter 1: Introduction	
1.1 Introduction	1
1.2 Research background	1
1.3 Problem statement	2
1.4 Research questions	3
1.5 Research objectives	3
1.6 Scope of level	3
1.7 Research hypothesis	4
1.8 Significance of the study	4
1.9 Definition of terms	4
1.10 Chapter summary	7
Chapter 2: Literature Review	
2.1 Introduction	8
2.2 Concepts and elements of food	8
2.3 Concepts and elements of health	13
2.4 Relationship between food intake and health Condition	17
2.5 Review of related theories	19
2.6 Review of related studies	19
2.7 Conceptual framework	20
2.8 Chapter summary	22
Chapter 3: Research Methodology	
3.1 Introduction	23
3.2 Research design	23
3.3 Research location, population and sample	23
3.4 Research instrument	24
3.5 Data collection	29
3.6 Data analysis	29
3.7 Chapter summary	31
Chapter 4: Research Findings	
4.1 Introduction	32
4.2 Demographic profiles	32
4.3 Research findings	37
4.4 Chapter summary	41

Chapter 1

Introduction

1.1 Introduction

This research will provide introduction about how the food intake among elderly affected their health condition. This research will focus on the elders, the like of senior citizen or the old folks that lives in rural, urban or sub-urban area in Sarawak, Malaysia. The flow of this chapter will start with the research background, followed by the problem statement, research questions, research objectives, scope of the study, significant of the study, significant of the study and lastly the definition of terms and concepts used in this study.

1.2 Research Background

Cited a famous quote by the ancient Greek physician, “Let food be thy medicine and medicine be thy food’ stated by Medical News Today. Food and health are two elements that correlate with each other. The type of foods that consumed by a person do affect their health. The eating behavior of elderly is different from that younger generation especially the postwar baby boom generation. There are elders who can live up to 100 years old. Some factors that contributed to their longevity of life span are through their food’s intake. Scholars around the world had conducted various studies to see the correlation between the food intake by elderly and the impact towards their health. In this research study, we will be discussing more about the food preferences by the elders and how their health condition affecting by their food intake.

1.3 Problem Statement

Literature Review

2.1 Introduction

This chapter is to provide a review of literature review on Food Intake among Elderly and The Impact on their Health Condition. Section 2.1 is discussed about the concept and element of food pyramid meanwhile section 2.2 will be explaining on the concept and element of health. Section 2.3 is discussed about relationship between food intake and the impact on health condition among elderly. In section 2.4, we will be presenting the theory that we use which is the Malaysian Food Pyramid. In section 2.5 will be review of related studies which will discuss on studies that related to our research. In section 2.6 will be our conceptual framework and section 2.7 will be our chapter summary.

2.2 Concepts and elements of Foods

2.2.1 Concept

Eating habit is referred to how and why does people eat, what kind of foods they eat, and with whom they eat as well as the ways people obtain, store, use and discard food. To survive, all humans get to eat something. The reason people eat also to express an appreciation for a sense of belonging as part of family customs and for self-realization. For instance, someone who is not hungry may eat a piece of a cake that has been baked for an hour. A meal is usually defined as the consumption of two or more foods in a structured setting at a set time. Meanwhile, snacks are consisted of a small amount of food or beverage eaten between meals. A common eating pattern is three meals which are breakfast, lunch and dinner per day with snacks between meals. During breakfast,