

## Women's Dietary Habits and Physical Activity Behaviour in Urban Areas of Malaysia

Zaleha Md.Isa, Sena Abdullah Abdul Jabbar Al-Qalah,  
Faculty of Medicine, University Kebangsaan Malaysia

Hasanain Faisal Ghazi, Maher D. Fuad Fuad, Balsam Mahdi Nasir Al-Zurfi, &  
Mohammed A. AbdalQader

International Medical School, Management and Science University

Norimah A. Karim

Faculty of Health Sciences, University Kebangsaan Malaysia

### Abstract

**Introduction:** Dietary habits and physical activity patterns are considered the most important contributing factors among overweight and obesity adults worldwide. The aim of this study was to explore the eating and physical activity habits among women living in Kuala Lumpur and Putrajaya, Malaysia.

**Materials and Methods:** A cross-sectional study was conducted among 639 adult women aged 24 years and above living in Kuala Lumpur and Putrajaya from June 2011 until June 2012. Self-administered questionnaire was used to collect information from respondents regarding their eating and physical activity habits.

**Results:** Majority of respondents (80.4%) had breakfast more than three times per week and 59.1% did not eat late dinner. A total of (39.3%) respondents were practicing moderate level of physical activity and almost two-thirds had more than three hours sitting time every day.

**Conclusions:** In conclusion, the eating habits among adult women in Kuala Lumpur are still considered healthy although there is an increasing trend of outdoor eating in restaurants. Physical inactivity was low compared to previous studies, but more health promotion activities is needed to encourage people to involve more in physical activity.

*Keywords:* Dietary Habits, Physical Activity, women, Malaysia