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more than 6.5% or having diabetes. There is also a significant difference between the level of adherence and glycemic control ($p=0.057$) but there is no relationship between both variables. This study also found out that gender ($p=0.058$), race ($p=0.010$), occupation ($p=0.010$), and family history ($p=0.015$) influence the level of adherence to oral anti-diabetic medication while education level ($p=0.039$) and participant anti-diabetic therapy ($p=0.007$) give influence to glycemic control (HbA1C).

Conclusion: Even though the T2DM patients adhered well to the oral anti-diabetic medication, most T2DM patients still demonstrated poor glycemic control. Thus, appropriate health education should be provided to the patients to promote self-care behavior, which may enhance the T2DM patients' implementation of healthy lifestyles in promoting reasonable glycemic control.

Poster Abstract P12

Screening for Overweight and Obesity Utilizing Bioelectrical Impedance Analysis in the Health Clinic Setting

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Introduction: The prevalence of overweight and obesity are increasing worldwide. Malaysia CPG had suggested the use of body composition assessment, measuring body fat percentage using bioelectrical impedance (BIA) to complement standard BMI and waist circumference. A clinic based body composition screening was conducted in conjunction with World Obesity Day 2024. The aim was to look at the prevalence of obesity and study the association between BMI and BF% among participants.

Methods: A total of 161 adults consented and participated in the screening which included BMI measurement and BIA using Omron HBF375 Scan (2021). Measurement was performed according to standard protocol and the result was analyzed using SPSS version 27.0.

Results: The mean age is 38.70 + 11.28 years with 75.9% are female. The mean weight, BMI and BF% are 70.49 + 17.03 kg, 27.93 + 6.04 kgm⁻² and 33.84 + 6.69 % respectively. Based on BMI, 77.2% are overweight and 49.38% are obese while 74.07% have high BF%. The likelihood of having overweight and obesity (by BMI standard) are significantly eleven times (OR 11.26 [95% CI 4.46–28.39]) and fifteen times (OR 14.63 [95% CI 4.77 – 44.83]) higher among those who have high BF% as compared to those who have normal BF%. In addition, the mean visceral fat (VF) and skeletal muscle (SM) are 11.79 + 7.26 and 25.20 + 3.70.

Conclusion: BIA can corroborate the screening of obesity in clinic setting with the advantage of concomitant monitoring of VF and SM level in weight management program.

Poster Abstract P13

Knowledge and Attitude on COVID-19 Infection In Pregnancy And Its Associated Factors Among Pregnant Women In Kota Bharu, Kelantan

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Introduction: COVID-19 infection in pregnancy has a significant impact on maternal and fetal health. Understanding the knowledge and attitudes among pregnant women is important to determine strategies to prevent transmission of COVID-19. This study aims to determine the level of knowledge and attitude among pregnant women in Kota Bharu towards COVID-19 infection during pregnancy.

Methods: This was a cross-sectional study conducted among 274 pregnant women who attended antenatal clinic in Hospital Raja Perempuan Zainab II, Kota Bharu, Kelantan in March 2023. Data on their socio-demographics, pregnancy, medical history, COVID-19 infection, and vaccination status were taken. The main outcome was assessed using a newly validated Knowledge and Attitude on the Effect of COVID-19 Infection on Pregnancy (KACIP) Questionnaire. This questionnaire comprises three domains for knowledge and two domains for the attitude section.

Results: The proportion of pregnant women with good knowledge and positive attitudes were 47.4%, and 46.0% respectively. History of COVID-19 infection [adjusted OR 1.71 (95% CI:1.03-2.86)] and higher education level [adjusted OR 1.69 (95% CI 1.02-2.81)] were associated with good knowledge about COVID-19 infection in pregnancy. Meanwhile, a high education level [adjusted OR 1.96 (95% CI:1.14-3.38)] and good knowledge of COVID-19 infection in pregnancy [adjusted OR 2.81 (95% CI: 0.168-4.69)] were associated with positive attitudes among pregnant women towards COVID-19 infection.

Conclusion: Pregnant women in Kota Bharu still have inadequate knowledge and have low levels of positive attitudes towards COVID-19 infection in pregnancy. This highlights the need for aggressive health promotion among pregnant women in Kelantan.

Poster Abstract P14

Physical Activity Level and Sitting Time Between Esports Players and Non-esports Players

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Introduction: The number of esports players has been steadily increasing over the last decade. Esports' low levels of physical activity and prolonged sitting time increase the risk of non-communicable diseases. There are few studies on esports players' physical activity levels, sitting time, particularly in Southeast Asia. The objective of this study was to investigate the physical activity level and sitting time of esports players and compare with non-esports players.