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Obesity Research and Clinical Practice
Volume 14, Issue 5, 1 September 2020, Pages 428-436

Sociodemographic factors associated with consumption of confectionery among obese and non-obese adults: A secondary analysis (Article)

Cheah, Y.K.^a, Azahadi, M.^b, Mohamad Nor, N.S.^c, Phang, S.N.^d, Abd Manaf, N.H.^e

^aSchool of Economics, Finance and Banking, College of Business, Universiti Utara Malaysia, Sintok, Kedah Darul Aman 06010 UUM, Malaysia

^bResearch Planning and Policy Division, National Institute of Health, No. 1, Jln Setia Murni U13/52, Seksyen U13, Shah Alam, Selangor 40170, Malaysia

^cCentre for Nutrition Epidemiology Research, Institute for Public Health, No. 1, Jln Setia Murni U13/52, Seksyen U13, Shah Alam, Selangor 40170, Malaysia

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Abstract

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The objective of the present study is to examine sociodemographic factors associated with consumption of confectionery among obese and non-obese adults in Malaysia. Secondary analysis of the Malaysian Adult Nutrition Survey (MANS) 2014 was performed. The survey was conducted in urban and rural areas in the 14 states of Malaysia, including the Federal Territory of Kuala Lumpur. Adults aged 18 years and above (n = 2696) were interviewed. The dependent variable was the total servings of confectionery consumed per week. An ordered logistic regression model was used to examine the associated sociodemographic factors in the decision of people to consume 0, 1–2, 3–5 and ≥6 servings of confectionery. Marginal effects of sociodemographic variables on confectionery consumption were calculated. Analyses stratified by bodyweight group were conducted. The results showed that income, education, gender, ethnicity, and employment status were significantly associated with consumption of confectionery. In particular, income, education, gender, ethnicity and employment status affected confectionery consumption, but not the other way around. However, no relationship was evidenced between age, marital status, household location and confectionery consumption. In conclusion, sociodemographic factors were related to consumption of confectionery. Policies aimed at discouraging consumption of confectionery should focus primarily on high income earners, well-educated individuals and Bumiputera. © 2020 Asia Oceania Association for the Study of Obesity

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Topic: Sugar-Sweetened Beverage | Added Sugars | Fructose

Prominence percentile: 99.136 ⓘ

Author keywords

Adults Confectionery Obesity Sugar Sweet

Indexed keywords

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Funding sponsor	Funding number	Acronym
	KOD SO 14218	

Funding text

The authors would like to thank the Director General of Health, Malaysia for his permission to use the data from the Malaysian Adult Nutrition Survey (MANS) 2014 and to publish this paper. The authors would also like to thank Robert Kaestner for his feedback and comments. This research received funding from the Fundamental Research Grant Scheme (FRGS) (KOD SO 14218), which is sponsored by the Ministry of Education Malaysia.

ISSN: 1871403X	DOI: 10.1016/j.orcp.2020.07.008
Source Type: Journal	PubMed ID: 32782176
Original language: English	Document Type: Article
	Publisher: Elsevier Ltd

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