

## **Nutritional status and physical activity of users and non-users of dietary supplements in Kota Kinabalu**

### **ABSTRACT**

The use of dietary supplements to improve nutritional status or health has become a trend and the increasing use of dietary supplements has also been reported. However, studies on dietary supplements in the context of food intake is limited in Kota Kinabalu. Here, we aimed to compare nutritional status and physical activity between users and non-user of dietary supplements. Cross-sectional study was conducted in an area with a working women population in Kota Kinabalu, Sabah and IBM SPSS 26 was performed to analyze the data. A total of 276 participants involved in this study. Results of this study found that 32.2% were dietary supplement users and most of them took Vitamin C (27.9%) supplements. There were no significant differences between users and non-users in their anthropometry, dietary intake of calories, fat, carbohydrates, protein and iron before supplements were added in their food but intake of vitamin C, protein and calcium were more significant among users after supplement were added. Dietary supplement users also were more active compared to non-users. It is shown that users and non-users of dietary supplement varied in their physical activity and intake of certain nutrients. This provides more evidence of the importance of taking these factors into consideration when interpreting study participants' self-reported dietary intake information.