

## Interaction of bio&#8208;ecological eating habits among young people in Malaysia (Presented at 46th APACPH Conference in Kuala Lumpur, 17&#8208;19 October 2014) / Johanna Debora Imelda, P Allotey and A Hardon

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### Abstrak

#### <b>ABSTRACT</b><br>

Economic growth and urbanization have changed global dietary habits and caused nutrition transition globally. Urban people, especially in developing countries, eat away from home, consuming more polished grains, fats and animal product, refined sugar and processed foods compared to rural people (Helman, 2000). The change in consumption pattern which leads to nutritional change, in the long run, may be harmful for health of the people, including adolescents. Some studies indicate the change in consumption pattern among the adolescents worldwide. The change in eating habits among young people due to some chronic diseases, are allegedly caused by adolescence's unhealthy diet. A survey of middle and high school students in Minnesota shows that the youth consume more calories from fast food meals; they have difficulty getting healthy food as there is higher proportion of unhealthy food, therefore making them prone to being overweight (Widome, Neumark&#8208;Sztainer, Hannan, Haines, & Story, 2009). A qualitative study that identifies barriers to healthy eating among second level schools across Ireland showed that aggressive marketing by fast food franchises draw adolescents to these outlets although they know it is unhealthy; youth have autonomy over their eating behaviour and tend to eat unhealthily once they are independent (Stevenson, Doherty, Barnett, Muldoon, & Trew, 2007).