Exploring Malaysian parent's plan on sleeping arrangement with their newborn

Chang Chee Tao, Amar Singh HSS, Pavithrah Shanmugam, Noor Azmatulakma Abdul Aziz, Noor Shahizan Abdul Razak, Nurhidayatun Johari, Norazra Mohamad, Roswati Ghazali, Haymalatha Rajagam

Clinical Research Centre, Perak, Clinical Reserach Malaysia, Kolej Sains Kesihatan Bersekutu Ulu Kinta

ABSTRACT

Introduction and Objectives: Bed-sharing is defined as adults and a newborn sleeping in the same bed. Bed-sharing may put the newborn at risk for suffocation due to accidental smothering. **Methodology:** This was a quasi-experimental study conducted in a tertiary referral hospital. Healthy post-delivery Malaysian mothers were randomly selected and enrolled into the control or the intervention group. Mothers' sleeping arrangements with their newborn and reasons for their practices were assessed. On the day of discharge, mothers in the intervention group were interviewed face-to-face in the postnatal ward on their plans for sleeping arrangement with their newborn. After the interview, mothers were advised not to bed-share with their newborn, and given an educational leaflet on safe sleeping practices. Mothers in the control group were not interviewed nor given any information leaflet on the day of discharge. One week after discharge, mothers in both groups were telephoned-interviewed on their actual sleeping arrangements with their newborn using the same questionnaire. After completion of the telephone interview, mothers in the control group were provided with the same advice and information leaflet as the intervention group. **Results:** 94 mothers and 95 mothers were recruited into the control and intervention group respectively. The demographic characteristics of mothers in both groups were similar. The baseline bed-sharing prevalence was similar between groups - 60.6% in the control group and 61.1% in the interventional group. The proportion of mothers in the intervention group who bed-shared with their newborn reduced from 61.1% to 37.9% after the intervention (p<0.001). Most mothers in the control group opted for bed-sharing to ease breastfeeding (68.4%), while mothers in the intervention group preferred not to bed-share for safety purposes (55.9%). **Conclusion:** In this study, the majority of mothers practised bed-sharing. Intervention via an information leaflet successfully reduced bed-sharing practices.

Factors affecting health literacy on disordered eating among young adolescents in Kuching division

Rahmah Rashida, Helmy Hazmia, Cheah Whye Liana

Department of Community Medicine and Public Health, University Malaysia Sarawak

ABSTRACT

Introduction: Health literacy is one of the vital assets in individual especially in adolescents' age group to prevent their involvement in high risk behaviour including disordered eating. Those who have low health literacy is always associated with poorer health outcomes. **OBJECTIVES:** This study aimed to determine the factors that influence the health literacy on disordered eating and the disordered eating risk among adolescents. **Methods:** A cross-sectional study was conducted in Kuching division from June to November 2016 whereby a total of 813 young adolescent ages from 13 to 14 years old were selected randomly. Self-administered questionnaires including EAT-26 were used to gather the information. **Results:** About one third (33.6%) of the adolescents were Malay with 55.8% (n=454) out of 813 were female. The percentage of the adolescent who were in underweight and obese categories were the same, 10.7% (n=87) with those who were probably had disordered eating problem were 50.4%. Thus, Binary Logistic analysis showed that being a female (OR=1.71, 95%CI= 1.05, 2.77, p=0.03) and those with higher BMI score (OR=1.15, 95%CI= 1.044, 1.233, p=0.004) were at higher risk of developing disordered eating. The results of multiple linear regression showed that there were five predictors explained 36.9% of the variance ($R2=0.36$, $F (9,670) =43.508$, $p <0.005$). It was found that race ($\beta=1.94$, $p=0.006$), religion ($\beta=-7.59$, $p<0.005$), gender ($\beta=5.27$, $p= 0.03$), knowledge on weight management ($\beta=1.604$, $p<0.005$) and usage of internet as the source of information ($\beta=-5.45$, $p=0.042$) significantly influenced the health literacy on disordered eating among young adolescents in Kuching division. **Conclusion:** Disordered eating problem is prevalence among adolescent. Improvement in the knowledge on weight management among this group is one of the strategies to develop the health literacy on disordered eating.