

The Mission Slimpossible Program: Dietary and Physical Activity Intervention to Combat Obesity among University Students in UITM Puncak Alam

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Abstract : This study aim to develop and assess the effectiveness of an intervention in improving eating habits and physical activity level of university students of UiTM Puncak Alam. The intervention consists of weekly dietary counselling by registered dietitian and high-intensity interval training (HIIT) for three times per week for the duration of 8 weeks. A total of 25 students from the intervention group and 25 students from control group who had BMI equal to or greater than 25kg/m² participated in the study. The results showed a significant reduction in body weight (3.0 kg), body fat percentage (7.9 %), waist circumference (7.3 cm) and BMI (2.9 kg/m²) between pre and post intervention. Besides, there was a significant increase in the level of physical activity among subjects in intervention group. In conclusion, the intervention made an impact on eating habit, physical activity level and improves weight status of the students. It is expected that the intervention could be adopted and implemented by the government and private sector as well as policy-makers in formulating obesity intervention.

Keywords : obesity, diet, obesity intervention, physical activity

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