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Nurulashikin Mohd Ariffin.

PUSAT PEMBELAJARAN DIGITAL SULTANAH NUR ZAHIRAH
UNIVERSITI MALAYSIA TERENGGANU (UMT)
21030 KUALA TERENGGANU

1100090167		

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HAK MILIK
PUSAT PEMBELAJARAN DIGITAL SULTANAH NUR ZAHIRAH

**CARDIOVASCULAR DISEASE RISK IN BLOOD LIPID AND DIETARY INTAKE
AMONG FEMALE ADULT IN EAST COAST OF PENINSULAR MALAYSIA**

By
Nurulashikin bt Mohd Ariffin

Research Report submitted in partial fulfillment of
the requirements for the degree of
Bachelor of Food Science (Food Service and Nutrition)

DEPARTMENT OF FOOD SCIENCE
FACULTY OF AGROTECHNOLOGY AND FOOD SCIENCE
UNIVERSITI MALAYSIA TERENGGANU
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ENDORSEMENT

The project report entitled **Cardiovascular disease risk in blood lipid and dietary intake among female adult in East Coast of Peninsular Malaysia** by **Nurulashikin bt Mohd Ariffin**, Matric No **UK 17462** has been reviewed and corrections have been made according to the recommendations by examiners. This report is submitted to the Department of Food Science in partial fulfillment of the requirement of the degree of Food Science (Food service and Nutrition), Faculty of Agrotechnology and Food Science, Universiti Malaysia Terengganu.


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(DR. HAYATI MOHD YUSOF)
Main supervisor

Date: 8/2/2012

DECLARATION

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

Signature : 

Name : NURUL ASHKIN BT MOHD ARIFFIN

Matric No : UK 17462

Date : 8/2/2012

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ABSTRACT

The purpose of the present study was to investigate the risk of cardiovascular disease among healthy female adult in the East Coast of Peninsular Malaysia. A total of 120 respondents were participated in this study involving 60 Malay respondents and 60 Non-Malay (30 Chinese and 30 Indian). Based on the Kruskal-Wallis analysis, result showed a significant difference in blood cholesterol Chinese and Indian group ($p = 0.005$) and also significant difference for blood cholesterol between Malay and Chinese, Malay and Indian, Chinese and Indian ($p=0.08$). It was found that total cholesterol for Malay was 4.29 (0.36) mmol/L, Chinese 4.15 (0.39) mmol/L and Indian 4.34 (0.23) mmol/L. For cardiovascular disease risk estimation outcomes, a significant different between CVD risk for Chinese group and CVD risk for Indian group was observed. However, there were no significant difference between triglyceride for Malay and Non-Malay by using Mann-Whitney U Test, triglyceride for Chinese and Indian, cholesterol for Malay and Non-Malay and CVD for Malay and Non-Malay by Kruskal-Wallis analysis. There was a strong and positive correlation between cholesterol and cardiovascular disease ($r = 0.803$, $p = 0.00$). No relationship between dietary intake and level of the blood lipid in this research has been observed.

ABSTRAK

Tujuan kajian ini adalah untuk mengkaji risiko penyakit kardiovaskular di kalangan wanita dewasa yang sihat di Pantai Timur Semenanjung Malaysia. Sebanyak 120 orang responden telah mengambil bahagian dalam kajian ini melibatkan 60 orang responden Melayu dan 60 bukan Melayu (30 Cina dan 30 India). Berdasarkan analisis Kruskal-Wallis, hasilnya menunjukkan perbezaan yang signifikan dalam kumpulan kolesterol darah Cina dan India ($p = 0.005$) dan juga terdapat perbezaan untuk kolesterol darah antara Melayu dan Cina, Melayu dan India, Cina dan India ($p = 0.08$). Ia telah mendapati bahawa jumlah kolesterol untuk Melayu adalah 4.29 (0.36) mmol/L, Cina 4.15 (0.39) mmol/L dan India 4.34 (0.23) mmol/L. Untuk hasil anggaran risiko penyakit kardiovaskular, perbezaan yang signifikan antara risiko CVD untuk kumpulan Cina dan CVD risiko bagi kumpulan India telah dikaji. Walau bagaimanapun, terdapat tiada perbezaan yang signifikan antara trigliserida untuk Melayu dan bukan Melayu dengan menggunakan Ujian Mann-Whitney U, trigliserida untuk kolesterol Cina dan India, Melayu dan bukan Melayu dan CVD untuk analisis Melayu dan bukan Melayu menggunakan ujian Kruskal-Wallis. Terdapat korelasi yang kuat dan positif antara kolesterol dan penyakit kardiovaskular ($r = 0.803$, $p = 0.00$). Tiada hubungan di antara pengambilan makanan dan tahap lipid darah dalam kajian ini telah dipatuhi.