

Intake level of charcoal-grilled foods among Kota Kinabalu local community

Abstract

Kota Kinabalu is famous with charcoal-grilled foods such as chicken wing, chicken coccyx, liver, satay, fish, and sausages. Consumption of high amount of carcinogenic foods from charcoal-grilled cooking techniques is well-known will increase the chances of cancer cell proliferation. The aim of this research is to determine the level of intake and knowledge of people in Kota Kinabalu on charcoal-grilled foods and to have statistical data on the relation of carcinogenic food intake with cancer disease. The research was done in six areas around Kota Kinabalu using questionnaire research method, comprises four sections A, B, C and D which are demographic, charcoal-grilled food intake, history of medical illnesses, and general knowledge on carcinogenic food intake respectively. There are 364 respondents (male=199, and female=165) involved in this research which comes from different level of age (20 to > 50 year old), ethnic groups and educational level. As result, it shows that local community in Kota Kinabalu like to eat charcoal-grilled foods especially chicken wings, satay and barbecued fish in less than once a month (n=122) or twice to fifth times a week (n=106). Demographic data is being correlated with frequency of respondents that consumed charcoal-grilled foods and marital status shows significant result ($p < 0.05$). The level of knowledge on carcinogenic foods and its effect on cancer cell proliferation among people in Kota Kinabalu is still very low and this can be related to the respondent's level of education. However, the awareness on the effects of carcinogenic food towards cancer cell proliferation within Kota Kinabalu local community is still at low level.