

**AWARENESS AND USAGE OF PRESERVATIVES
AND NON-PERMITTED CHEMICALS FOR
RICE VERMICELLI (MOHINGA) PRODUCTION
AMONG SMALL AND MEDIUM ENTERPRISES
IN YANGON**

**Thesis submitted to
the postgraduate Academic Board of Studies,
University of Public Health, Yangon
as the partial fulfillment of the requirements
for the Degree of Master of Public Health (MPH)**

WIN PHYO MAUNG

M.B., B.S

2023

ABSTRACT

Rice vermicelli (mohinga) is a common choice for breakfast among Myanmar people. Preservatives are widely used in rice vermicelli (mohinga) production for shelf-life extension. A cross-sectional descriptive study was done to determine the awareness and usage of preservatives and non-permitted chemicals in rice vermicelli (mohinga) production of Small and Medium Enterprises in Yangon. The study period was from August to December 2023 and 121 participants were included in this study. Self-administered questionnaires were used and data analysis was done by SPSS version 16 in this study. Samples of rice vermicelli (mohinga) were collected from each SME and usage of non-permitted chemicals, preservatives and limits of preservative used were checked by laboratory investigation. In this study, 73.6% were male and mean age in completed years was 29.91 (\pm 11.4) ranging from 21 to 35 years. Education level up to middle school level was found mostly among the participants (38.8%). Median (IQR) total service year at food production field was 41 (88.5) months and median (IQR) service year at current work was 36 (79) months. About 76.0% of the participants had overall poor knowledge scores and 17.4% of participants had overall poor attitude scores. Regarding the practice, 78.6% of SMEs had poor overall practice scores. According to laboratory investigation, 3 samples of rice vermicelli (mohinga) were found to be produced by using non-permitted chemicals. Knowledge level of the participants was found to have statistically significant association with all socio-demographic characteristics whereas attitude level of the participants was significantly associated only with total service year in food production field. It was found that there was statistically significant association between knowledge and attitude of participants. This study revealed that responsible personnel and workers had poor knowledge and practice scores. Usage of non-permitted chemicals was found in some of the rice vermicelli (mohinga) samples. Therefore, health education, knowledge sharing about preservatives and awareness raising about non-permitted chemicals should be done more frequently in the study area. Study about preservatives and non-permitted chemicals were limited and the finding in this study would be useful for planning and policy-making.