

Hubungan asupan zat gizi makro dan serat dengan kejadian obesitas pada penduduk usia 18 tahun di Provinsi Sumatra Barat, Jawa Barat, Jawa Tengah dan Sulawesi Selatan tahun 2010 analisis data riskesdas 2010 = The association of macronutrient and fiber intake with the prevalence of obesity among adult people aged 18 years old and above in province of West Sumatra, West Java, Central Java and South Sulawesi on 2010 angka prevalensi based on riskesdas 2010

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Abstrak

Angka prevalensi obesitas diberbagai negara menunjukkan adanya kenaikan, begitu pun dengan Indonesia. Asupan gizi makro dan serat merupakan salah satu faktor risiko obesitas. Penelitian bertujuan untuk mengetahui hubungan asupan zat gizi makro dan serat dengan kejadian obesitas penduduk usia >18 tahun di Provinsi Sumatra Barat, Jawa Barat, Jawa Tengah, dan Sulawesi Selatan. Disain penelitian yang digunakan adalah studi potong lintang. Hasil penelitian menunjukkan prevalensi obesitas di Sumatra Barat dan Jawa Barat sebesar 12.3%, Jawa Tengah 9.6%, dan Sulawesi Selatan 11.4%. Di Sumatra Barat, asupan lemak berhubungan signifikan dengan obesitas. Di Jawa Barat dan Jawa Tengah, asupan energi, protein, dan lemak berhubungan signifikan dengan obesitas. Di Sulawesi Selatan, asupan energi, lemak, dan serat berhubungan signifikan dengan obesitas.

.....Prevalence of obesity in various countries showed a rise, so too with Indonesia. One of the factors that related to obesity was macronutrients and fiber intake. The aim of this study was to evaluate macronutrient and fiber in relation to obesity among adult people (aged 18 years and above). The research design was used cross sectional design. The prevalence of obesity in West Sumatra & West Java were 12.3%, in Central Java was 9.6%, and 11.4% in South Sulawesi. In West Sumatra, fat intake associated with obesity. In West Java and Central Java, energy, protein, and fat intake were associated with obesity. In South Sulawesi, energy, fat, and fiber intake were associated with obesity.