

Kadar trigliserida dan lingkaran pinggang penyandang obes serta hubungannya dengan skipping breakfast pada Pegawai Pemprov DKI Jakarta = Tryglyceride and waist circumferance in obese subject and the association with skipping breakfast on Government Employee in DKI Jakarta

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Abstrak

Latar belakang : Obesitas merupakan faktor risiko terjadinya sindroma metabolik. Skipping breakfast adalah salah satu kebiasaan makan yang berhubungan dengan obesitas dan sindroma metabolik. Penelitian pada populasi obes yang melihat hubungan antara kadar trigliserida dan lingkaran pinggang dengan skipping breakfast belum ditemukan.

Tujuan : Diketuainya hubungan antara kadar trigliserida dan lingkaran pinggang penyandang obes dengan kebiasaan skipping breakfast.

Metode : Desain potong lintang pada laki-laki dan perempuan usia 20-50 tahun, IMT ≥ 25 kg/m².

Pengambilan subyek dengan consecutive sampling. Pengumpulan data dengan wawancara, pemberian catatan kebiasaan makan selama 1 minggu, pengukuran antropometri dan pemeriksaan laboratorium.

Hasil : Rerata usia subyek $36,76 \pm 7,68$ tahun, 38% memiliki kebiasaan skipping breakfast, dan 59% subyek adalah perempuan. Asupan energi total harian, karbohidrat, lipid dan protein kelompok skipping breakfast dan sarapan tidak berbeda bermakna. Median kadar trigliserida 104 (37-383)mg/dL dan rerata lingkaran pinggang ($100,16 \pm 7,74$ cm) pada skipping breakfast lebih rendah dibandingkan sarapan ($115,50$ ($50-764$)mg/dL dan $102,72 \pm 8,87$ cm), namun tidak signifikan secara statistik. Tidak terdapat hubungan bermakna antara skipping breakfast dengan kadar trigliserida dan lingkaran pinggang.

Kesimpulan : Kebiasaan skipping breakfast tidak berhubungan dengan kadar trigliserida dan lingkaran pinggang pada penyandang obes.

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Background: Obesity is a risk factor for metabolic syndrome. Skipping breakfast is one of eating pattern that related to obesity and metabolic syndrome. The study in obese to determine the association between tryglyceride and waist circumferance with skipping breakfast has not been found.

Objective: To determine the relationship between tryglyceride and waist circumference in obese with skipping breakfast.

Methods: A cross-sectional design in men and women aged 20-50 years, BMI ≥ 25 kg/m². Consecutive sampling, data collecting with interview, 1 week dietary record, anthropometry and laboratory.

Results: The mean age of subjects 36.76 ± 7.68 years, 38% had skipping breakfast, and 59% of the subjects were women. Daily intake of energy, carbohydrate, lipid and protein between breakfast and breakfast skipping group did not differ significantly. The median of triglyceride in skipping breakfast group were 104 (37-383) mg / dL and mean waist circumference 100.16 ± 7.74 cm, lower than breakfast group (115.50 ($50-764$) mg / dL and 102.72 ± 8.87 cm), but not significant. There was no significant association between skipping breakfast with triglyceride and waist circumference.

Conclusion: Skipping breakfast is not associated with triglyceride and waist circumference in obese subject.