

**ABSTRAK**

*Name* : Mutia Rizki Iqlima  
*Study Program* : Nutrition  
*Title* : *Relationship Between Energy Adequacy, Macro Nutrition, Micro Nutrition Substance (Calcium, Magnesium), Physical Activity With Viseral Fats In West Kalimantan Police.*

**Background:** *The Republic of Indonesia National Police or the National Police are one of the tools of Indonesian security and resilience that have great obligations and responsibilities. It is not only able to be a protector of guardians and servants of the community who are always close and with the community but also as a professional and proportional law enforcement, maintaining the security and order in this country. This is the vision of the National Police that must be obeyed by all its members. The number of tasks carried out by a member of the National Police makes them required to have nutritional status and good nutrition.*

**Objective:** *To determine the relationship of energy adequacy, macro nutrients, micronutrients (calcium, magnesium), physical activity with visceral fat in the West Kalimantan Regional Police*  
**Research Method:** *This research design is cross sectional. The population of this study was all members of the West Kalimantan Regional Police. The data taken in this study are energy sufficiency, macro nutrients, micronutrients (calcium, magnesium), physical activity and visceral fat.*

**Research Results:** *From the results of the study found that there is a significant relationship between the adequacy of energy with visceral fat where P-Value is 0.0001 (P < 0.05), there is a significant relationship between carbohydrate adequacy with visceral fat where P-Value 0.0001 (P < 0.05), there is a significant relationship between protein adequacy with visceral fat where P-Value is 0.007 (P < 0.05), there is a significant relationship between fat adequacy and visceral fat where P-Value is 0.012 (P < 0.05), there is a significant relationship between the adequacy of fiber with visceral fat where P-Value is 0.027 (P < 0.05), there is a significant relationship between physical activity and visceral fat where P-Value is 0.003 (P < 0.05), there was no significant relationship between calcium adequacy and visceral fat where P-Value was 0.246 (P > 0.05), there was no significant relationship between calcium adequacy and visceral fat where P-Value is 0.409 (P > 0.05) in the West Kalimantan Regional Police.*

**Conclusion:** *Adequacy of energy, macro nutrients, physical activity are factors that influence visceral fat. While the adequacy of calcium, magnesium does not affect visceral fat.*

**Keywords:** *Adequacy of energy, macro nutrients, micronutrients (calcium, magnesium), physical activity and visceral fat*

**Reading list:** *88 (1991-2016).*