

## SUMMARY

# HUBUNGAN STATUS GIZI DENGAN TINGKAT PENDIDIKAN, ASUPAN ZINC DAN KALSIUM PADA REMAJA USIA 10-15 TAHUN DI PROVINSI NTB NTT (ANALISA DATA SEKUNDER RISKESDAS 2010)

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**Subject** : STATUS GIZI DENGAN TINGKAT PENDIDIKAN  
**Subject Alt** : ASUPAN ZINC DAN KALSIUM PADA REMAJA  
**Keyword** : body mass index status, education level, zinc, calcium, and adolescents.

### Description Alt:

**Background:** Report of RISKESDAS 2010 showed that the prevalence of adolescents within 13-15 years old is 10.1 percent including 2.7 percent of very thin adolescents and obesity prevalence of 2.5 percent.

**Objective :** Determine the relationship of BMI status (IMT/U) towards education level, intake of zinc and calcium to adolescents within 10-15 years old in NTB and NTT.

**Methods :** This study is a cross-sectional design. Subject in this study are adolescents within 10-15 years old in NTB and NTT (n=1015). This study uses secondary data of Riskesdas 2010. Analyze of data using correlation test, oneway anova test and T-test independent.

**Result:** The average of zinc intake in NTB on male of age 10-12 and 13-15 years old ( $4.64 \pm 1.88$  SD) and ( $5.34 \pm 2.1$  SD), on female of age 10-12 and 13 – 15 years old ( $4.83 \pm 2.23$  SD) and ( $4.96 \pm 2.24$  SD), in NTT on male of age 10-12 and 13-15 years old ( $3.42 \pm 1.82$  SD) and ( $3.77 \pm 1.79$  SD), on female of age 10-12 and 13 – 15 years old ( $3.64 \pm 1.99$  SD) and ( $4.17 \pm 2.98$  SD). The average of calcium intake in NTB ( $325.42 \pm 408.33$ ), in NTT ( $339.82 \pm 416.79$ ). There is no relationship between BMI status with age and zinc intake ( $p > 0.05$ ). There is no difference between BMI status and education level, nor between sex with zinc intake and calcium. There is a difference between BMI status with sex and there is also a difference between BMI status with intake of calcium ( $p < 0.05$ ).

**Conclusion:** information and socialization about balance nutrition and body mass index status towards adolescents is required.

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