

## P2.17 Association nutrition intake, body image, sleep quality and nutritional status of adolescents in urban Jakarta

**Nazhif Gifari<sup>1</sup>, Laras Sitoayu<sup>1</sup>, Rachmanida Nuzrina<sup>1</sup>, Putri Ronitawati<sup>1</sup>, Mury Kuswari<sup>2</sup>, Teguh Jati Prasetyo<sup>2</sup>**

<sup>1</sup> *Nutrition and Dietetics, Universitas Esa Unggul, Indonesia*

<sup>2</sup> *Nutrition, Universitas Esa Unggul, Indonesia*

**Introduction:** Obesity and overweight in adolescent are factor of non-communicable disease. The prevalence of obesity of adult in Indonesia increase from 14.8% to 21.8%.

**Objective:** To examine the association of nutrition intake, body image, sleep quality and nutritional status of adolescents in urban Jakarta, Indonesia.

**Methodology:** This was a cross-sectional study of 2,459 adolescents aged 15-16 years. The variable nutrition intake was used a food recall, body image was used Body-Self Relations Questionnaire (BSRQ) and sleep quality was used he Pittsburgh Sleep Quality Index (PSQI).

**Results:** The prevalence of overweight and obesity was 24.6% for the total sample (55.3% male, 44.7% female). The average of nutrient intake (1600±439 Cal, 60.1 g protein, 64.5 g fat, 189.6 g carbohydrate). The body image (56% positive and 44% negative). Overall, 67.7% reported good and 32.3% reported poor sleep quality. The energy intake, body image and sleep quality significant association with nutritional status ( $p < 0.05$ ), however no significant association was found carbohydrate, fat and protein with nutritional status ( $p > 0.05$ ).

**Conclusion:** The present study suggests that energy intake, sleep quality and body image was positively associated with overweight and obesity in adolescent.