

P4.15 The effects of Daily Healthy Checklist score on obese employees' fitness, BMI, and body fat percentage

Mury Kuswari¹, Rimbawan², Hardinsyah², Mira Dewi², Nazhif Gifari¹, Aditya Himarwan²

¹Nutrition Science, Esa Unggul University, Indonesia

²Nutrition Science, IPB University, Indonesia

Introduction: Low physical fitness level among obese employees might worsen their overweight/obesity problem and/or other obesity-related comorbidities. Daily Healthy Checklist (DHC) is developed by researcher based on recommendation from Ministry of Health in Indonesia and other obesity research.

Objective: The aim of this study is to analyse the effect of DHC score on various components of fitness level, body composition and body mass index (BMI).

Methodology: 34 obese employees were recruited from one of the FMCG company office in its Indonesia Branch using convenience sampling method. Fitness level was assessed by bleep test, sit-up, push-up and sit-and-reach. Body composition was measured using bioelectrical impedance analysis (BIA). Anthropometric measurements included weight and height were taken; and BMI was calculated. Linear regression analysis was used to determine the effect of DHC score on fitness level, BMI and body fat percentage.

Results: There was no significant effect of each type of DHC score on each output variable. However, multiple linear regression showed that there was a simultaneous effect of DHC score on BMI (28.9%), body fat percentage (25.1%), sit-up amount (31.1%), push-up amount (42.5%), flexibility (27.1%) and VO₂ max. Among all DHC's individual aspects, the variable which had the most affect for BMI was morning stretching ($\beta=0.193$); for body fat percentage was walking ($\beta=-0.244$); for sit-up was also walking ($\beta=0.440$); for push-up was also morning stretching ($\beta=0.266$); for flexibility was vegetable consumption ($\beta=0.180$) and for VO₂ max was morning stretching ($\beta=0.189$).

Conclusion: Adherence to fulfil DHC score is needed to improve fitness level, body composition and BMI.