



ABSTRACT

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RELATIONSHIP OF FOOD CONSUMPTION QUALITY, NUTRITION INTAKE AND MASS BODY INDEX (BMI) IN NURSES

xvi, VI Chapter, 56 Pages, 10 Tables, 5 Picture, 6 Attachment

Background: Workers nutritional problems result from the workload or type of work. Nurses have high work demands, leading to increased work activity. Nutrition improvements and improvements play an important role in preventing the occurrence of disease, reducing absenteeism and increase productivity.

Aim: to examine relationship of food consumption quality, nutrition intake and mass body index (BMI) in nurses.

Method: This study uses cross sectional design with purposive sampling technique obtained 84 respondents. Food consumption quality was measured using Dietary Energy Density (DED) and Nutrient Rich Food (NRF) 9.3 Method, nutrient intake were collected from food recall 2 x 24 hours and Body Mass Index with direct measurement of body weight and height.

Results: based on bivariate test results using spearman correlation test found that there is no relationship of food consumption quality, nutrient intake and body mass index, statistically $p\text{-value} > 0.05$.

Conclusion: quality of food consumption, nutrient intake not related to body mass index of nurses. It is expected that hospitals can provide nutritional education to nurses regarding proper eating discharges.

Keywords : Food consumption quality, Dietary Energy Density (DED), Nutrient Rich Food (NRF) 9.3, nutrient intake, Body Mass Index, Nurses

Reading list: 61 (2000-2017)