

ABSTRACT



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MACRO NUTRIENTS INTAKE, ENERGY DENSITY, PHYSICAL ACTIVITY AND NUTRITIONAL STATUS OF MARKET TRADERS IN TOMANG BARAT JAKARTA BARAT.

xiv, VI Chapter, 100 Pages, 10 Tables, 8 Attachments

Background: The nutritional problems in Indonesia currently entering into multiple nutrition problems (Double Burden) means that underweight is still not fully resolved, while more nutritional problems have emerged (Overweight). The most consumed food by residents in Jakarta is flavoring 77.8%, sweet food 61.4%, fat 47.8% and salted food 20.3%. Food intake is one factor that directly affect the nutritional status of a person, because the intake of foods that are not in accordance with the needs of the body both quality and quantity will cause nutritional problems.

Objective: To know the difference in the density of energy consumption and relation of macro nutrients intake and physical activity with nutritional status on the market traders in Tomang Barat Jakarta Barat.

Method: This research type is descriptive research used is cross-sectional. Sampling is done with simple random sampling technique, the sample in this study was 61 people market traders in Tomang Barat Jakarta Barat. Data analysis in this study using Mann Whitney test and Rank Spearman.

Result: From the statistical test results, there is a difference in the density of energy consumption with nutritional status ($p=0,027$) and there was a significant correlation between protein intake with nutritional status ($p = 0,021$), fat intake with nutritional status ($p = 0,021$), carbohydrates intake with nutritional status ($p=0,034$) and no relationship between physical activity with nutritional status ($p=0,694$).

Conclusion: Energy density effect on nutritional status, meaning the lower energy density then the better nutritional status. The better the intake received then the better nutritional status also. Therefore, it is necessary to choose and pay attention to food intake age-appropriate adult.

Keywords: dietary energy density, physical activity, macro nutrien, trends market