ABSTRACT

Title : Connecting The Substance of Nutrition Intake, Body Mass Index and Physical Activity of Total Blood Cholesterol Levels in Coronary Heart Disease Patients in The City Prabumulih Hospital.
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Background: Coronary heart disease is heart disease caused by narrowing of the coronary arteries so that an interruption in blood flow to the heart muscle. Coronary heart disease is usually caused by fatty deposits that gather in the cells lining the wall of a coronary artery and block blood flow. The main risk factor is a risk factor total cholesterol abnormalities. There are several factors that can affect cholesterol levels, ie intake, body mass index, and physical activity.

Aim: Knowing the relationship intake of saturated fatty acids, PUFA, MUFA, fiber, niacin, vitamin C, magnesium, lycopene, physical activity and total blood cholesterol levels of patients with coronary heart disease in hospitals Prabumulih.

Research methods: This type of quantitative research with cross sectional study design. The population of this research is all outpatient coronary heart disease by 40 respondents. Data taken in this study of the intake of saturated fatty acids, PUFA, MUFA, fiber, magnesium, lycopene, niacin, vitamin C, physical activity and total blood cholesterol levels by researchers. This study data analysis using correlation*Pearson Product Moment Correlation.*

Research result: The result showed that the average BMI of respondents are 27.7 ± 3.979 kg / m2, The intake of saturated fatty acids 64.983 ± 31.110 g, PUFA 12.163 ± 9.4388 g, MUFA 16.903 ± 6.497 g, fiber 14.175 ± 6.586 g, magnesium 431.953 ± 191.56mg, niacin 15.57 ± 3.937 mg, vitamin C 72.515 ± 39 099, lycopene 0.048 ± 0.0905, PAL value of physical activity 1.721 ± 1.842 and total blood cholesterol levels 213.75 ± 37.192mg / dL. There is a relationship between the intake of saturated fatty acids (p = 0.02), MUFA (p = 0.000), fiber (p = 0.016), physical activity (p = 0.000), BMI (p = 0.001) and total blood cholesterol levels. There was no relationship PUFA intake, magnesium, lycopene, niacin, and vitamin C with total blood cholesterol levels (p = 0.682; p = 0.568, p = 0.112, p = 0.062; p = 0.181).

Conclusions and recommendations: The intake of saturated fatty acids, MUFA, fiber, physical activity, BMI is a factor that affects the total blood cholesterol levels. It is advisable to increase the consumption of fiber, MUFA should also perform regular physical activity in order to keep blood cholesterol levels within the limits diajurkan.

Keywords: total blood cholesterol, saturated fatty acids, PUFA, MUFA, fiber, magnesium, lycopene, vitamin C, vitamin B3, physical activity, body mass index

Reading list: 55 (2000-2018).