ABSTRACT

Title : **Relationship between Fat Intake, BCAA (*Branched Chain Amino Acid)*, Body Mass Index, Physical Activity and Hypercholesterol at Kebon Jeruk Health Center, West Jakarta**

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Study Program : **Nutrition**

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Background: Women over 45 years old still experience hypercholesterol which can be influenced by several factors, namely food factors, body mass index, and physical activity. **Objective:** Analyze the Relationship of Fat Intake, BCAA, Body Mass Index, Physical Activity, and Hypercholesterol at Kebon Jeruk Health Center, West Jakarta. **Method:** The type of research used in this study was cross sectional using the Spearman correlation statistical test. The sample of this study was 45-59 years old women as many as 49 respondents. **Results:** Based on the p-value in this study p≥0.005 there was no significant relationship between saturated fat, unsaturated fat, BCAA, body mass index, physical activity and hypercholesterol, the correlation coefficient of saturated fat intake has a very weak relationship (r = 0.113), PUFA intake has a very weak relationship (r = 0.194). MUFA has a very weak relationship (r = -0.091), valine has a very weak relationship (r = 0.100), isoleucine has a very weak relationship (r = 0.097), leucine has a very weak relationship (r = -0.004), The Body Mass Index has a weak relationship (r = 0.259), physical activity has a very weak relationship (r = -0.041). **Conclusion:** there was no significant relationship between saturated fat, unsaturated fat, BCAA, body mass index, physical activity and hypercholesterol intake at Kebon Jeruk Health Center, West Jakarta.

Keyword: *Hypercholesterol,Fat Intake, BCAA, Body Mass Index, and Physical Activity*