ABSTRACT

Title : Analysis of Knowledge and its obstacle in preventing non-communicable disease risk factors among groups of workers in the Civil Service Agency
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Background : Non- communicable disease (NCDs) is one of the health issues that being national concern and global. Non communicable disease is represent a leading threat to human health and human development in today's world.
Objectives: to analizing knowledge nad challeges that preventing risk factor of NCDs at group workers in BKN
Method : This research is a descriptive kuantitatif research with survey approach. A sample of 200 people and data collection by questionare.
Result : Average age of respondents 40.65, with female respondents 51.5% .59.5% undergraduate education, BMI with 89% overweight. Respondent have good knowledge abaout understanding, types, risk factors and prevention of risk factors for NCDs. Comsumption of vegetables and fruits that are in accordance with the recommendation of WHO dan restrictions on salt, sugar, fat/oil in accordance with the recomendations of the Indonesian Ministry of Health. Lack of physical activity and axposure to smoke in the work environment.
Conclusion: the workers are good enough in terms of knowledge,prevention of risk factors in terms of consumption of vegetebles dan fruit limitting and limitting comsumption of salt, sugar, fat/oil. In physycal activities inthe work and residential environment as we as challenges to cigarret smoke exposure.
Suggestion: counseling about balance nutritional diets, enchanced joint physical activities and supervision of free exposure environtment for smoke

Keyword: non-communicable disease, knowledges, diet, phsycal activity, cirgarret, alcohol, environmental of worker.