



ABSTRACT

**ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCES
MAJORING NUTRITION
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PRAMONO DWI SASMITO

RELATIONSHIP NUTRIENT INTAKE MACRO (CARBOHYDRATE, PROTEIN, FAT) EVENT WITH OBESITY IN ADOLESCENTS AGED 13-15 YEARS IN THE PROVINCE OF JAKARTA (SECONDARY DATA ANALYSIS OF RISKESDAS 2010)

xvi, VI Chapter, 74 pages, 11 tables, 11 graphs, 3 Pictures

Background: *Based on the Riskesdas 2007, the prevalence of obesity in adolescents aged 13-15 years nationally at 10.3%, but a decline in 2010 to 2.5%. While the prevalence of obesity in Jakarta Provincial peak at 15% in 2007 and in 2010 decreased to 4.2%.*

Objective: *To identify the relationship intake of macro-nutrients (carbohydrates, protein, fat) with the incidence of obesity in adolescents aged 13-15 years in DKI Jakarta.*

Methods: *The data used is secondary data RISKESDAS 2010, with cross-sectional approach. The total number of samples of adolescents aged 13-15 years were studied (n = 280). Statistical testing using Pearson Product Momment correlate test.*

Results: *The number of respondents most male sex 143orang (51.1%) of the highest economic status in quintil 5 (38.9%), the status of the most complete primary school education (50.4%), obesity (7.1%) Carbohydrate Intake on average 173.09 g 43.39gr average protein and fat intake on average 39.42 grams. Statistical analysis showed that there was no relationship between macro-nutrient intake with obesity ($p \geq 0.05$).*

Conclusion: *to increase the intake of carbohydrates, protein and fat in adolescents it needs to be invested in adolescent health education through increased communication and education information.*

Key Word : *Carbohydrates, Protein, Fat, Obesity, Teen.*

References : *(2004 -2014)*