ABSTRACT

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THE RELATIONSHIPS OF MACRO NUTRITION INTAKE AND BODY MASS INDEX WITH TOTAL CHOLESTEROL LEVELS FROM EMPLOYEES AT ESA UNGGUL UNIVERSITY

xi, vi chapters, 102 pages, 8 tables, 4 pictures

Based on data from the World Health Organization (WHO), in 2030 about 23.6 million people be able die from cardiovascular disease. One of the main risk factors is cardiovascular disease are high cholesterol levels and called hypercholesterolemia. The increase in total blood cholesterol is > 240 mg / dl is called hypercholesterolemia. This study told about THE RELATIONSHIPS OF MACRO NUTRITION INTAKE AND BODY MASS INDEX WITH TOTAL CHOLESTEROL LEVELS FROM EMPLOYEES AT ESA UNGGUL UNIVERSITY . Cholesterol levels were measured using a digital tool checks for cholesterol Body Mass Index measured weight by using digital scales and measuring the height by using microtoise. Macro nutrient intake were measured using 24-hour recall method. The bivariate analysis using correlation and multiple regression analysis. The result of the correlation energy intake, protein intake, fat intake and total cholesterol values ($p < 0.05$), and the Relationships carbohydrate intake, body mass index and total cholesterol values ($p > 0.05$) and energy intake, the intake of protein and fat intake were significant effect on total cholesterol levels. It can be concluded that there is a relationship intake of energy, protein, fat intake and total cholesterol levels,and there is no relationship of carbohydrate intake, body mass index with total cholesterol levels.

Keywords: Total cholesterol levels, macro-nutrient intake, body mass index
Reading list: 38 (2001-2015)