

## ABSTRACT



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### **ASSOCIATION OF DIETARY PATTERN AND HABITUAL SNACKING WITH NUTRITIONAL STATUS ON 13-15 YEARS OLD JUNIOR HIGH SCHOOL STUDENT OF PASAR KEMIS 1 JUNIOR HIGH SCHOOL.**

Nutritional status of teenage is affected by several factors such as dietary pattern and habitual snacking. Improper dietary pattern could lead to fattines, overweight, obesity, or eventhough malnutrition. The prevalence of overweight among 13-15 years teenager in Banten Province has reached 2,5%. Whereas the prevalence of malnutrition among 13-15 years teenager in Banten Province has reached 10,2%. The objective of this study is to get the association of dietary pattern and habitual snacking with nutritional status on 13-15 years old junior high school student. The study design of this study is cross-sectional design. The number of sample in this study is 155 sample. This study use Spearman test as the statistical test. The result of this study shows that 81,9% of 13-15 years old junior high school student have improper PGS dietary pattern. While the statistical analysis shows that there is assocation between beverage snacking habitual with nutritional status ( $p \leq 0,05$ ), there is no significant association between dietary pattern, snacking habitual of full meal, snacking habitual of snacks, and snacking habitual of fruits with nutritional status ( $p > 0,05$ ). The recommendation from this study is need to create a mini canteen that containing variety of healthy snack foods.

**Keywords:** Dietary Pattern, Snacking Habitual, Nutritional Status