



ABSTRACT

**ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH-SCIENCE
NUTRITION SCIENCE STUDY PROGRAM
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**ASSOCIATION CONSUMPTION FAST FOOD, SOFT DRINK AND
PHYSICAL ACTIVITY, WITH THE INCIDENCE OF OVER NUTRITIONAL
STATUS ON ELEMENTARY SCHOOL AGE CHILDREN**

xv, VI chapter, 118 Pages, 18 table, 3 picture, and 4 attachment

Background: Obesity occurs in all age groups, including children. Nationwide problem obese children aged 5-12 years are still high at 18.8%, consists of fat 10.8% and obese 8.8%. The highest prevalence of fat in Jakarta (30.1%).

Objective: To analyze the relationship consumption of fast food, soft drink and physical activity, with the incidence of over nutritional status in children of elementary school age in SDN 01 Kebon Jeruk.

Methods: Cross-sectional study with 114 respondents consisting of 57 over nutritional status of children and 57 children of normal nutritional status. Consumption of fast food and soft drinks were measured using the FFQ, while physical activity was measured using a questionnaire that stated at the PAL (Physical Activity Level). Other variables that come researched intake is measured by recall three non consecutive days, percent body fat was measured by means of BFA (Body Fat Analyzer) and waist circumference were measured using a measuring tape. The assay used in this study is the Chi-square, Independent t-test for normal distribution of data and Mann Whitney test for the data are not normally distributed, if significant results ($p < 0.05$).

Results: The Chi-square test results showed, there is association between physical activity, consumption of fast food and soft drinks on more the incidence of nutrition. OR value of physical activity is 2.534 (CI 1.191-5.390) means that a child who has a mild physical activity at risk 2 times more than the malnourished children who have moderate physical activity. Consumption of fast food and soft drink most often is fried with OR 6.827 (CI 2.822-16.516) and pop ice with OR 10.716 (CI 4.465-25.719). The result of independent t-test showed, there is significant difference between over nutritional status of a group and normal nutritional status of group based on the intake of protein, fat, carbohydrates, and percent body fat. Mann Whitney test showed the difference between over nutritional status with normal nutritional status groups based on energy intake and waist circumference.

Conclusion: It should be routine screening in school related nutritional status of children. The role of parents is very important in monitoring the child's diet, and physical activity that does not do much physical activity is passive.

Keywords: Fast Food, Soft Drink, Physical Activity, Over Nutritional Status, Percent Body Fat, Waist Circumference, Elementary School Age Children.

List of Books : 121 (2000- 2015)