Hubungan Tingkat Konsumsi Gizi dengan Proses Penyembuhan Luka Pasca–operasi Sectio Cesarea

Hubungan Praktek Inisiasi Menyusu Dini dengan Kejadian Diare pada Bayi Umur 0–12 Bulan

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Hubungan Faktor Perilaku, Frekuensi Konsumsi Fast Food, Diet dan Genetik dengan Tingkat Kelebihan Berat Badan

Hubungan Karakteristik Ibu, Dukungan Keluarga, Dukungan Layanan Kesehatan dengan Pola Pemberian ASI

Hubungan Gaya Hidup dengan Status Gizi Remaja


Hubungan Makan Pagi dan Tingkat Konsumsi Zat Gizi dengan Daya Konsentrasi Siswa Sekolah Dasar

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CONTRIBUTION CHARGES RELATED glycemic PHYSICAL ACTIVITY LEVEL OF FOOD AND NUTRITION FOR MORE EVENTS IN ADOLESCENT IN FULL DAY SMP SURABAYA

HUBUNGAN KONTRIBUSI BEBAN GLIKEMIK MAKANAN DAN AKTIVITAS FISIK TERHADAP KEJADIAN GIZI LEBIH PADA REMAJA DI SMP FULL DAY SURABAYA

1. Nurul Hanifah --> Mahasiswa Fakultas Kesehatan Masyarakat / jurnal.mgi@gmail.com
2. Triska Susila Nindya --> Dosen Fakultas Kesehatan Masyarakat / triskanindya@yahoo.com

Abstract

ABSTRACT

Over consumption and lack of physical activity lead to overweight and obesity. Glycemic load plays an important role in overweight and obesity because it can increase blood glucose rapidly. It will bring impact on catisfy feeling. The aim of this study was to assess glycemic load and physical activity level to nutrition status in adolescent. This research was an observational analytic study with case control design. Population was all student aged 12–14 year at SMP Islam Al-Azhar 13, SMP Islam Al-Azhar Kelapa Gading and Insan Mulia school. The sample was devided in two groups, criteria for case group was BMI for Age > 1 SD up to > 3 SD, whereas criteria control group and BMI for Age -2 SD up to 1 SD. The sample size used in case and control group was 35 people respectively and it selected with simple random sampling technique. Chi square test was performed to determine the correlation between independent and dependent variable. The result showed that variables in correlation with overweight status in full day junior high school Surabaya were energy level (p= 0.004, OR = 5.06, 95% CI = 1.79 < OR < 14.31), protein intake (p = 0.02, OR=5.57, 95% CI = 1.41< OR < 21.99), glycemic load (p = 0.007, OR = 4.5, 95% CI= 1.59 < OR < 12.66) and physical activity level (p = 0.042, OR = 3.37, 95% CI = 1.164 < OR < 9.744). The study conclude that there were correlation between glycemic load and physical activity level to overweight or obesity. Eating healthy diet that considered glycemic load and changing sedentary lifestyle with doing some exercise regularly at least 60 minute/day will help to prevent the overweight or obesity.

Keywords: overweight, glicemic load, philisycal activity and adolescent

Daftar Pustaka :