ABSTRACT

DESRI MAULINA SARI. Lifestyle, Nutrients Intake and Morbidity of Adult Obese and Normal Nutritional Status. Supervised by YEKTI HARTATI EFFENDI and CESILIA METI DWIRIANI.

The objective of this research was to identify characteristic of samples, food intake, lifestyle, morbidity and energy balance among adult obese and normal nutritional status. A cross-sectional study was conducted from October to November 2010 in Bogor Agricultural University (BAU). The study participants were employee’s rector of BAU. The samples were chosen purposively with criteria were adult category, age >21 years, male and female gender, body mass index (BMI) >27.0 for obese nutritional status; BMI 18.5-25.0 for normal nutritional status, and ready for being sample of research. The number of obese sample were 25 and normal sample 25 people.

Majority (72%) of obese samples were 30-49 years old. There was a significant difference in education levels of among samples (p<0.05). Rice, cassava, street food and soft drink consumption were found higher in obese than normal samples. Statistical analysis showed that there was a significant difference in obese and normal samples in protein intakes and adequacy level of protein (p<0.05). There was a significant difference in leisure-time between obese and normal samples (p<0.05). Ready-to-eat food habit was found higher in obese than normal status. The average of energy balance among samples were negative. In addition, there was a significant difference in family history of obesity between obese and normal samples (p<0.05). For the last three month, both subjects suffer from infections of acute respiratory. Diabetes mellitus and uric acid was found in obese subjects, while anemia was found in normal subjects.

The study showed that nutritional status was positively correlated with age, education levels, frequency of cassava consumption, family history of obesity and ready-to-eat food habit and negatively associated with intakes of protein.

Keywords: obesity, nutrient intakes, lifestyle, morbidity, energy balanced