ABSTRACT

**KARLINA.** Relationship between Milk Consumption and Exercise Habits with Nutritional Status and Bone Density of Adolescents in Common First Year (TPB) Dormitory, Bogor Agricultural University. Under direction of **SRI ANNA MARLIYATI**

Bone density in the elderly depends on the attainment of peak bone formation during growth (adolescence). One of the important nutrients for maintaining bone health is calcium. Consumption of milk two to three times a day can be said to be sufficient to meet calcium requirements. Other nutrients that are important also present in the milk so as to improve nutritional status. This study generally aims to analyze the relationship between milk consumption and exercise habits with nutritional status and bone density of adolescents in Common First Year (TPB) Dormitory, Bogor Agricultural University. Study design was cross sectional and the data was collected during March-April 2011 period. Population of the study was all student in the Common First Year (TPB) Dormitory with 90 samples. That study showed no relationship between frequency of exercise per week with nutritional status and bone density in this study. However, there is a relationship between milk consumption (ml) with nutritional status (p<0.01), calcium intake and adequate calcium intake levels with bone density (p<0.05).

Keyword : Milk consumption, exercise habits, nutritional status, bone density, adolescent.