SYIFA FAUZIAH. Food Consumption, Physical Activity, Nutritional Status and Health Status of the Elderly in Panti Sosial Tresna Werdha Salam Sejahtera Bogor. Under direction of SITI MADANIJAH.

The objective of this study was to learn and to analyze food consumption, physical activity, nutritional status and health status of the elderly in Panti Sosial Tresna Werdha Salam Sejahtera Bogor. The design of this study used cross sectional study. The number of samples obtained as many as 32 elderly. The results showed that the sufficiency level of energy was normal category, protein was in high category, vitamin A and C were in sufficient category and then Ca and Fe classified as deficient category. The nutritional status of most male samples was obese-I while female was normal. Most of the samples physical activities classified as mild. Most diseases for the past 6-12 months on male samples were diabetes mellitus and hypertension on female samples. Most of either male or female samples had a lower morbidity score with high health status. The result of Pearson correlation test showed that the energy and nutrients intake had no significant relationship with nutritional status and health status (p >0.05) either nor between physical activity with nutritional status and health status, and nutritional status with health status (p >0.05).

Keywords : food consumption, physical activity, nutritional status, health status, elderly