ABSTRACT

WIDYA ANANTA. Analysis of Food Consumption and Physical Activity on Blood Pressure and Cholesterol. Advisory by M. RIZAL M. DAMANIK.

The aim of this study was to analyse food consumption and physical activity on blood pressure and cholesterol. The design of the study was cross sectional study. Data collection was carried out from May to June 2011. The number of samples taken in this research as much as 52 university students aged >18 years. The result of this study showed that the average level of adequacy of energy and protein samples of men and women is included in the category of heavy deficits (76,9% for energy and 69,2% for protein). The adequacy of the level of vitamin C, calcium, sodium, potassium and fiber, most of the total sample have minerals adequacy level less than recommended level. Most samples in this study (86,3%) had light activity such as reading, lecture and task seating as well as searching the internet in front of the computer. Result collected from blood pressure examination showed that half of the sample (50%) were categorized as pre hypertension.

Keywords: consumption, blood pressure, blood cholesterol.