

ABSTRAK

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Latar Belakang : Studi sebelumnya menjelaskan terdapat perbedaan risiko sindrom metabolik antara individu dengan obesitas dan berat badan normal berdasarkan konsumsi makanan dan aktivitas fisik.

Tujuan: Penelitian ini bertujuan menganalisis perbedaan pola makan dan intensitas aktivitas fisik terhadap kejadian sindrom metabolik pada individu dengan obesitas sentral dan non obesitas sentral

Metode : Penelitian *cross sectional* menggunakan data sekunder Riskesdas 2018 pada individu berusia 19-64 tahun. Regresi logistik digunakan untuk menganalisis risiko sindrom metabolik berdasarkan konsumsi makanan dan intensitas aktivitas pada individu dengan obesitas sentral dan non obesitas sentral.

Hasil : Individu dengan obesitas sentral dan non obesitas sentral yang mengkonsumsi sebagian besar makanan berisiko (makanan manis, makanan asin, makanan berlemak/berkolesterol/gorengan, makanan dibakar, daging/ikan/ayam olahan, *soft drink*/minuman berkarbonasi, minuman berenergi, mie instant/ makanan instant lainnya) secara signifikan meningkatkan risiko sindrom metabolik ($p < 0,05$). Konsumsi bumbu penyedap hanya memiliki hubungan signifikan dengan peningkatan risiko sindrom metabolik pada individu non obesitas sentral ($p = 0,000$). Konsumsi minuman manis hanya berhubungan signifikan dengan peningkatan risiko sindrom metabolik pada individu dengan obesitas sentral ($p = 0,000$). Konsumsi buah dan sayur dalam porsi kurang serta kurang beraktivitas fisik berhubungan signifikan dengan peningkatan risiko sindrom metabolik pada individu dengan obesitas sentral dan non obesitas sentral ($p < 0,05$).

Simpulan : Studi ini menyimpulkan bahwa hanya konsumsi bumbu penyedap dan minuman manis yang memiliki perbedaan risiko sindrom metabolik pada individu dengan obesitas sentral dan non obesitas sentral

Kata Kunci : konsumsi makanan, aktivitas fisik, obesitas sentral, sindrom metabolik

ABSTRACT

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Background : Previous studies have shown that the risk of metabolic syndrome differs between obese and normal-weight individuals based on food consumption and physical activity.

Objectives: This study aimed to analyze the differences food consumption and physical activity intensity on the incidence of metabolic syndrome in individuals with central obesity and non-central obesity.

Methods : This cross-sectional study used data from Riskesdas 2018 on individuals aged 19 to 64. Logistic regression was used to analyze metabolic syndrome risks based on food consumption and physical intensity in individuals with central obesity and non-central obesity.

Results : Individuals with central obesity and non-central obesity who consume almost unhealthy foods consumption (sweet food, savory foods, fatty/cholesterol-rich/fried foods, grilled foods, processed meat/chicken/fish, soft drinks/carbonated drinks, energy drinks, instant noodles/other instant food) significantly increased the risk of metabolic syndrome ($p < 0.05$). Seasonings consumption only had a significant association with an increased risk of metabolic syndrome in individuals non-central obesity ($p = 0.000$). Sugary drinks consumption was only significantly associated with increased risk of metabolic syndrome in individuals with central obesity ($p = 0.000$) significantly raise metabolic syndrome risk. Low fruit and vegetable consumption and lack of physical activity significantly raised metabolic syndrome risk in individuals with and non-central obesity ($p < 0.05$).

Conclusion : The study concluded that only the consumption of seasonings and sugary drinks differed in the risk of metabolic syndrome between individuals with central obesity and non-central obesity.

Keywords : food consumption, physical activity, central obesity, metabolic syndrome