

HUBUNGAN POLA MAKAN, AKTIVITAS FISIK, SIKAP DAN PENGETAHUAN  
TENTANG OBESITAS DENGAN STATUS GIZI PEGAWAI NEGERI SIPIL DI  
KANTOR DINAS KESEHATAN PROVINSI JAWA TIMUR

ADE CHINTYA NIRMALA DEWI

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**ABSTRACT**

Obesity has become a global problems worldwide. Some of the factors causing obesity is diet and physical activity. Where is the imbalance between physical activity and intake of nutrients and energy can lead to obesity. Civil Servant is a job that has a low physical activity during the working hours, so the Civil Servant has a high risk for having over nutritional status.

The purpose of this study to analyze the correlation between diet, physical activity, attitudes and knowledge about obesity with nutritional status. This study is an observational analytic study with cross sectional design. The sample was 87 people who selected by proportional simple random sampling technique. Data were analyzed using correlation tests, different test and chi-square test adjusted for the scale of the variable data.

The results show there is a correlation between physical activity working with nutritional status ( $p = 0,024$ ). There was no correlation between sports activity ( $p = 0,768$ ) and other physical activity ( $p = 0,592$ ) with nutritional status. Knowledge ( $p = 0,456$ ) and attitudes about obesity ( $p = 0,989$ ) was not correlated with nutritional status. Attitudes about obesity was not correlated with nutritional status ( $p = 0,989$ ). There was no correlation between energy intake ( $p = 0.731$ ) and protein intake ( $p = 0.537$ ) with nutritional status.

Based on the results of the study, suggested that the Civil Servant in the Health Office of East Java Province should be increased physical activity. Also they should be paid more attention to nutrient intake in order to reach the Nutrient Adequacy Score.

Key words: civil servants, diet, physical activity, attitudes, knowledge, nutritional status

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