ABSTRACT

Overnutrition can occur at any stage of age, one of them in primary school children. There is the rising trends of overnutrition especially in school children both in developing and developed country. Overnutrition not only occurs in urban but also in rural areas. Based on the results of Balitbangkes (2010), the prevalence of overnutrition in rural areas was 8.1%. In general, overnutrition is caused by the imbalance energy intake from consumption patterns with physical activity. When food intake more than calories issued, it can trigger the overnutrition. The purpose of this study was to analyze the correlation between consumption patterns and physical activity with an occurrence overnutrition on primary school children in rural areas Penebel district Tabanan.

This research was an observational analytic, used cross sectional design. The samples were 52 school children, taken by multistage random sampling. Data were collected by measuring weight and height, food recall 2x24 hours, FFQ and PAQ-C. Data were analyzed using Pearson Correlation and Spearman.

The results showed that there were a correlation between energy intake (p=0.003), fat intake (p=0.006), carbohydrate intake (p=0.001) and physical activity (p=0.003) with overnutrition but there were no correlation between protein intake, (p=0.136), fiber intake (0.549), and breakfast habit (p=0.741) with overnutrition.

The conclusion of this study is high intake of energy, fat, carbohydrate and low physical activity can cause overnutrition in school children at rural areas. Since the intake of energy, fat and carbohydrate are high in the school children it need to provide nutrition education and healthy canteen and also need for supervision and guidance of parents to reduce sedentary behavior by limiting the time for watching television and directing exercise regularly.

Keywords: overnutrition, rural areas, consumption patterns, physical activity