

**THE RELATIONSHIP BETWEEN GENDER, PHYSICAL ACTIVITY,  
FAMILY OBESITY HISTORY AND CONSUMPTION FRUIT OR  
VEGETABLE WITH OBESITY IN MEDICAL STUDENTS IN  
SURABAYA**

**ABSTRACT**

The incidence of obesity in the world has increased in recent years. Obesity can increase risk of many diseases. Medical student is a vulnerable groups affected by obesity because of stressful conditions that can increase the incidence of obesity.

The purpose of this study was to determine the factors associated with the nutritional status of students in medical education at the Faculty of Medicine, Airlangga University. This research used cross sectional as data collection and statistical analysis to study the correlation between two variables on one group sample. This study used a sample of 300 students majoring in medical education at the University of Airlangga. Data obtained based on a questionnaire containing about identity, physical activity, family history of obesity and consumption of fruits or vegetables.

Based on 300 respondents surveyed, found 20% of respondents experienced more nutrition which is 6.3% are overweight and 13.7% are obese. Respondents consisted of 36% of male students and 64% of female students. Respondents who doing physical activity was 30%, while who is not doing physical activity is 70%. Respondents who have family history of obesity was 45.3%, whereas that does not have a family history of obesity was 54.7%. Respondents who consumed the fruit or vegetable is 78.3%, while who did not consume fruit or vegetable is 21.7%.

Based on this study found a significant association between gender, family history of obesity and eating fruits or vegetables to nutritional status, but there are no significant association between physical activity on the nutritional status of medical students.

**Keywords: Obesity, medical student**