

## ABSTRACT

Abdominal obesity is the accumulation of body fat on the abdomen. Abdominal obesity is associated with metabolic disorders and degenerative diseases such as insulin resistance, diabetes mellitus, hypertension, hyperlipidemia, atherosclerosis, liver and gallbladder disease, even some types of cancer. This research to analyze the factors associated with abdominal obesity in productive age (15 – 64 years).

This research was analytical study use cross sectional design. This research used secondary data from Basic Health Research 2007 in city of Surabaya with 2191 respondents by simple random sampling. The dependent variable in this study was abdominal obesity. The independent variables were the socio-economic and demographic characteristics and lifestyle. Data analyzed use Chi-Square test and Multiple Logistic Regression.

Prevalence of abdominal obesity in this study was 35,6%. Respondents who do not do physical activity by 85% and 84,6% consume food or drinks sweet regularly as well as 63,1% consume fatty food regularly. The result of analysis showed significant are age, sex, marital status, educational, occupation, smoking, physical activity, foods or drinks sweet consumption, fatty food consumption ( $p = 0,0001$ ) and vegetable or fruit consumption ( $p = 0,041$ ) as well as the emotional mental condition ( $p = 0,029$ ). Odds of abdominal obesity amounted 85,63% in person aged 35 - 64 years, female, married or divorced status, level of education  $\leq$  SMA and consume fatty food regularly.

The conclusion can be drawn are the socio-economic and demographic characteristics and lifestyle increases the risk of abdominal obesity in productive age. The most influential risk factors are female. Increasing knowledge, physical activity and reducing fat intake can prevent and reduce the risk of abdominal obesity in productive age.

**Keywords:** abdominal obesity, productive age, female