

**FAKTOR YANG MEMPENGARUHI TERJADINYA GIZI LEBIH PADA
USIA DEWASA DI KELUARGA MISKIN PEDESAAN
(Di Desa Tenggulun Kecamatan Solokuro Kabupaten Lamongan)**

FIDYAWATI

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ABSTRACT

The number of obesity case in Indonesia is increasing. Based on PERSAGI (2007), prevalence of youth who suffers obesity is 18% and adult is 25%. People who is over nutrition on 2005 is 3,48%, whereas on 2001 only 2,7%. Obesity occurs to everyone. Although obesity case usually is suffered by high class economy society, but the others one could be. The objective of this study was to know the factors related overweight to adults of poor family in Tenggulun village. This was a comparison observational study with cross sectional study. The population was whole adults of poor family which has selected by simple random sampling and selected 19 obesity people and 19 non obesity people. Collected data was analyzed by chi square and Fisher's Exact Test then to know the factors related to overweight was conducted logistic regression test. The result of the study showed prevalence of overweight is 78,9%. The multivariate analysis showed the factors related to obesity of poor family were the level of knowledge ($\beta = -3,116$, $p = 0,015$), energy consumption level ($\beta = 2,862$, $p = 0,011$), and genetic ($\beta = 4,375$, $p = 0,014$), which had significant value ($p < 0,05$). These results were expected could give science information about obesity, especially in rural. Therefore it could be prevented early. Adults had to carry out the obesity and its related factor to prevent or overcome it by their selves.

Keywords: Obesity, Adults, Poor Family

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