ABSTRACT

Modern unhealthy lifestyle can decreasing human health. One way that can be taken to live a healthy life without leaving the modern world is to adopt a vegetarian diet. This research was conducted to study whether there are differences in Body Mass Index (BMI) and anemia status in vegetarian and nonvegetarian.

It is a cross-sectional research with comparative observational design. Study sample was 80 vegetarian and 80 nonvegetarian peoples, selected using a purposive method. Primary data be obtained by using a structured questionnaire are respondent characteristics, BMI measurements obtained using a bathroom scale weight and height measurements using microtoise, Hb obtained by blood sampling using test equipment digital Hb, consumption patterns obtained by food frequency questionnaire, the level of consumption is obtained through 2x24 hour food recall. The data is processed and presented in the form of frequency distributions and cross-tabulations, and then analyzed using a statistical test of independent t-test and chi-square test. Secondary data in the form of an overview of the study sites.

The results showed that majority of respondents aged 18-40 years, sex most respondents were male vegetarian and nonvegetarian sex most respondents were women. Most respondents had completed high school education level, working as private sector employees and have incomes above the Regional Minimum Salary Surabaya in 2012. There is no significant difference between vegetarian and non vegetarian on gender (p = 1.000) and income (p = 0.608), and there is a significant difference on age (p = 0.000), education level (p = 0.000), and employment (p = 0.000). There is no significant difference between vegetarian and non vegetarian on energy intake (p = 0.413), carbohydrate intake (0.421), and protein intake (0.354), but there is a significant difference on fat intake (p = 0.021) and iron intake (p = 0.000). BMI respondents classified as normal, which from 18.50 to 24.99. The average value of vegetarian Hb 13.84 g / dl, nonvegetarian of 13.30 g / dl and the prevalence of anemia each respondent by 13.75% and 15%. There is no significant difference between vegetarian and non vegetarian on BMI (p = 0.183), but there is a significant differences on Hb level (p = 0.023).

Keywords: BMI, anemia status, vegetarian, nonvegetarian