ABSTRACT

Eating Habit, Nutritional State and Physical Activity Description of 6th Semester Airlangga University Medical Faculty MKDU Class Students

Background: *Obesity is one of the most prevalent disease in the modern world. Data from Indonesia's Ministry of Health showed that central obesity has reached a high number in urban areas, such as 38.4% in Sumatra, 44.2% in Java-Bali, 39.7% in Kalimantan-Sulawesi, and 36.1% for NTB-NTT. One way to combat this disease is through increasing diet quality, but in Indonesia there is scarce data regarding food consumption nutrition. The most recent used reference for nutrition is Pedoman Gizi Seimbang (PGS), therefore, this study aims to describe the food consumption pattern, nutritional state and physical activities of its subjects, according to PGS.*

Objective: *The aim of this study is to describe the food consumption pattern, nutritional state, and physical activity of 6th Semester Airlangga Medical Faculty students*

Methods: *This research is done using a cross-sectional design. The sample was taken using total sampling, ultimately amounting to 88 students. There are no differentiation between students, only exclusivity to those undergoing certain medication. The data was analyzed univariate analysis*

Results: *Results showed that most students are of normal BMI (71.6 %), while most has an acceptable amount of physical activity (62,5%). Findings regarding food consumption are varied, but still normal compared to Indonesian trends, with rice being the most frequent consumed food.*

Conclusion: *In physical activity and nutritional state, subjects have mostly conformed to the PGS, but the food consumption pattern have not fully conformed to the PGS, with only main food and fat-rich food shown to be sufficient.*

Keywords: *Food consumption, BMI, physical activity, description*