

Hubungan Pola Makan Sumber Lemak dan Status Gizi dengan Kejadian Dislipidemia Pada Karyawan UGM

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INTISARI

Latar Belakang: Dislipidemia merupakan kondisi abnormalitas pada metabolisme lipid yang ditandai dengan peningkatan kadar *low density lipoprotein*, kolesterol, dan trigliserida. Dislipidemia menjadi faktor risiko penyakit jantung koroner. Pola makan tinggi lemak dan peningkatan status gizi dikaitkan dengan risiko dislipidemia. Menghadapi peningkatan kasus dislipidemia di kalangan karyawan UGM, menjadi fokus penelitian untuk pengembangan strategi pencegahan.

Tujuan Penelitian: Mengetahui hubungan pola makan sumber lemak dan status gizi dengan kejadian dislipidemia.

Metode Penelitian: Penelitian ini menggunakan desain studi *cross-sectional* di RS UGM pada bulan November s.d Desember 2023. Sebanyak 87 subjek memenuhi kriteria inklusi, dinilai status gizinya berdasarkan indeks massa tubuh, lingkaran pinggang, persen lemak tubuh, dan lemak visceral. Pola makan sumber lemak dinilai berdasarkan pertanyaan dari rujukan kuesioner indeks pola makan sehat Indonesia. Analisis data menggunakan uji *Chi-Square* untuk mengetahui hubungan antara variabel dengan nilai signifikansi <0.05 .

Hasil Penelitian: Prevalensi dislipidemia pada subjek penelitian adalah 64,4%. Analisis *Chi-Square* menunjukkan terdapat hubungan yang bermakna antara kejadian dislipidemia dengan status gizi berdasarkan indeks massa tubuh ($p=0,018$), lingkaran pinggang ($p=0,024$), lemak visceral ($p=0,044$), pola makan sumber lemak dinilai dari konsumsi olahan protein hewani ($p=0,027$), dan penggunaan bahan tambahan sumber lemak ($p=0,033$). Namun, tidak terdapat hubungan yang bermakna dengan status gizi berdasarkan persentase lemak tubuh dan pola makan sumber lemak dinilai dari konsumsi sumber protein hewani ($p>0,05$).

Kesimpulan: Terdapat hubungan antara status gizi berdasarkan indeks massa tubuh, lingkaran pinggang, dan lemak visceral serta pola makan sumber lemak dinilai dari konsumsi olahan protein hewani dan penggunaan bahan tambahan sumber lemak dengan kejadian dislipidemia. Namun, tidak terdapat hubungan antara dislipidemia dengan status gizi berdasarkan persentase lemak tubuh dan pola makan sumber lemak dinilai dari konsumsi makanan sumber protein hewani.

Kata Kunci: dislipidemia, status gizi, pola makan sumber lemak, karyawan UGM

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The Relationship Between Dietary Patterns of Fat Source and Nutritional Status with the Incidence of Dyslipidemia in UGM Employees

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ABSTRACT

Background: Dyslipidemia is an abnormal lipid profile characterized by increased levels of low density lipoprotein, cholesterol, and triglycerides. Dyslipidemia is the risk factor for coronary heart disease. Dietary fat source and nutritional status associated with an increased risk of dyslipidemia. Gadjah Mada University is facing increasing cases of dyslipidemia among employees, becoming the focus of research to develop more prevention strategies.

Objective: Determine the relationship between dietary patterns of fat sources and nutritional status with the incidence of dyslipidemia.

Method: This study used a cross-sectional at UGM Hospital from November to December 2023. A total of 87 subjects met the inclusion criteria and assessed their nutritional status and dietary patterns of fat sources. Data analysis uses the Chi-Square test to determine the relationship between variables with a significance value <0.05 .

Results: The prevalence of dyslipidemia in research subjects was 64.4%. Chi-Square analysis showed that there was a significant relationship between the incidence of dyslipidemia and nutritional status based on body mass index ($p=0.018$), waist circumference ($p=0.024$), visceral fat ($p=0.044$), dietary fat sources assessed by food consumption processed animal protein ($p=0.027$) and use of complementary fat sources ($p=0.033$). However, there was no significant relationship between the incidence of dyslipidemia and nutritional status based on body fat percentage and dietary fat sources as assessed by consumption of food sources of animal protein ($p>0.05$).

Conclusion: There is a relationship between nutritional status based on body mass index, waist circumference, and visceral fat as well as dietary patterns based on fat sources assessed by consumption of processed animal protein foods and use of complementary fat sources with the incidence of dyslipidemia. However, there is no relationship between nutritional status based on body fat percentage and dietary fat sources as assessed by consumption of food sources of animal protein.

Key words: dyslipidemia, nutritional status, dietary fat sources, UGM employees

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