

HUBUNGAN SKOR HEALTHY EATING INDEX DENGAN INDEKS MASSA TUBUH DAN PERSEN LEMAK TUBUH DEWASA DI DAERAH SUBURBAN KABUPATEN BANTUL

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INTISARI

Latar belakang: Prevalensi penduduk dewasa obesitas di Indonesia meningkat dari tahun ke tahun. Keadaan ini diikuti dengan diet yang tidak sesuai dengan anjuran PUGS seperti kebiasaan makan tinggi kalori dan konsumsi sayur buah kurang dari 5 porsi per hari. *Healthy eating index* yang dikembangkan menurut rekomendasi makan Amerika (DGA 1995) sudah banyak dipakai diluar negeri untuk mengukur kualitas diet dan hubungannya dengan status gizi.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan skor HEI dengan indeks massa tubuh (IMT) dan persen lemak tubuh dewasa di daerah sub-urban Kabupaten Bantul.

Metode: Penelitian ini menggunakan desain observasional dengan rancangan *cross-sectional study*. Sebanyak 87 subjek penelitian dengan rentang usia 19-64 tahun diperoleh melalui *proportionate stratified sampling*. Data skor HEI diperoleh dari wawancara *dietary recall* 2x24 jam. Pengumpulan data IMT dan persen lemak tubuh menggunakan bioelectrical impedance analysis (BIA) dan microtoise. Analisis data menggunakan uji korelasi Pearson dan *Partial Correlation*.

Hasil: Perbandingan subjek dengan IMT normal (51.7%) dan diatas normal (48.3%) hampir sebanding. Presentase persen lemak tubuh subjek yang normal sekitar 29.8% dan sisanya termasuk *overfat* (28.7%) dan obesitas (41.4%). Skor HEI subjek mayoritas memerlukan peningkatan kualitas diet (92%). Uji korelasi Pearson menunjukkan skor HEI tidak berhubungan dengan IMT maupun persen lemak tubuh. Hasil uji *Partial Correlation* menunjukkan hasil yang sama setelah dikoreksi dengan usia, jenis kelamin, dan asupan energi.

Kesimpulan: Skor HEI tidak berhubungan dengan IMT maupun persen lemak tubuh dewasa di daerah sub urban Kabupaten Bantul.

Kata Kunci: *healthy eating index*, indeks massa tubuh, persen lemak tubuh, dewasa

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THE CORRELATION BETWEEN HEALTHY EATING INDEX SCORE WITH BODY MASS INDEX AND PERCENT BODY FAT AMONG ADULT IN SUBURBAN BANTUL

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ABSTRACT

Background: Adult obesity in Indonesia increase in prevalence from year to year. This condition followed by unhealthy diet such as high calorie diet and fruit vegetable consumption under five portion/day. *Healthy eating index* (HEI) is developed to measure diet quality based on the dietary guidelines for Americans 1995 that has been tested to predict obesity outcomes in multi-ethnic.

Objective: This study aimed to examine the correlation between HEI score with body mass index (BMI) and/ or percent body fat among adult in suburban Bantul.

Methods: Eighty seven healthy adults participated in this cross-sectional study. HEI score was collected by dietary recall 2x24 hour. BMI was measured using bioelectrical impedance analysis (BIA) and microtoise. Percent body fat was measured using BIA. The correlation between HEI score and BMI or percent body fat were analyzed using Pearson and Partial Correlation.

Result: This study showed that 51.7% subjects had normal BMI and other subjects had obesity and overweight. On average subjects had high percent body fat which is 41.4% subjects were obesity and 28.7% subjects were overfat. Based on HEI score showed that mostly subjects (92%) need improvement diet. Correlation test showed that HEI score was not associated with BMI and percent body fat even each dependent variable adjusted by age, sex and total energy.

Conclusion: There was no significant correlation between HEI score with BMI and percent body fat among adult in suburban Bantul.

Keywords: *healthy eating index*, body mass index, percent body fat, adult

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