

## ABSTRACT

**Background :** Overweight and obesity-related health problem's rate is increasing rapidly worldwide. This condition is caused by high-fat food consumption and low levels of physical activity. Overweight and Obesity increases the risk for a wide range of degenerative disease. Based on the research 54% of police at the Purworejo police station classified as obese. Chief of police through the Police Chief's decision SKEP / 984 / XII / 2004 has instructed obese police eradication program with weight loss programs in the various regions.

**Aim :** to examine the association between nutritional knowledge, dietary patterns, and physical activity with nutritional status of police officers at Polres Purworejo.

**Method :** This study was an observational study with a cross-sectional study design. Data were collected from 105 male police officers aged 20 to 58 years who physically and mentally healthy, was not on drug therapy, and was willing to sign an informed consent. The study population was selected using simple random sampling method. Proportion test and chi square test were used to analyze the data.

**Result :** 58 participants were classified as overnutrition and 47 participants were classified as not overnutrition. Body Mass Index mean was  $25,67 \pm 3,62$ . The result of bivariate analysis shows that there was a significant association between physical activity and nutritional status ( $p$  value  $< 0,05$ ). It can be seen that food consumption value mean was higher on participant with overnutrition than participant with no overnutrition.

**Conclusion :** there was a significant association between physical activity and nutritional status

**Key words :** nutritional knowledge, dietary patterns, physical activity, nutritional status, obesity

## ABSTRAK

**Latar Belakang :** masalah *overweight* dan obesitas meningkat dengan cepat di berbagai belahan dunia. Hal ini disebabkan karena peningkatan diet tinggi lemak dan penurunan aktivitas fisik. Berat badan berlebih (*overweight* dan obesitas) akan meningkatkan resiko masalah penyakit degeneratif. Berdasarkan hasil penelitian 54% anggota polisi di Polres Purworejo tergolong obesitas. Kapolri melalui Keputusan Kapolri SKEP/984/XII/2004 telah menginstruksikan program pemberantasan polisi gendut dengan adanya program penurunan berat badan di berbagai wilayah.

**Tujuan :** mengetahui hubungan pengetahuan gizi, pola konsumsi makanan, dan aktivitas fisik terhadap status gizi polisi di Polres Purworejo.

**Metode :** penelitian ini merupakan penelitian observational dengan desain studi *cross sectional*. Besar sampel penelitian berjumlah 105 subyek dengan kriteria polisi laki-laki aktif yang berusia 20-58 tahun, sehat jasmani dan rohani, tidak sedang menjalani pengobatan untuk penyakit yang berat, dan bersedia menandatangani *informed consent*. Teknik pengambilan sampel menggunakan *simple random sampling*. Data dianalisa menggunakan uji proporsi dan uji statistik *chi square*

**Hasil :** Dari 105 responden sebanyak 58 responden memiliki status gizi lebih dan 47 responden memiliki status gizi tidak lebih. Nilai rata-rata Indeks Massa Tubuh (IMT)  $25,67 \pm 3,62$ . Hasil analisa bivariat terdapat hubungan yang signifikan antara aktivitas fisik dengan status gizi (p value  $< 0,05$ ). Diketahui nilai rata-rata konsumsi makanan pada status gizi lebih lebih tinggi dibandingkan status gizi tidak lebih

**Kesimpulan :** terdapat hubungan yang bermakna antara aktivitas fisik dengan status gizi

**Kata kunci :** pengetahuan gizi, pola konsumsi makanan, aktivitas fisik, status gizi, obesitas