

***Relationship between Breakfast Habits and Frequency of Snack Consumption
with Overnutrition Incidents at SMAN 3 Jember***

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ABSTRACT

Overweight is a condition where body weight is excessive or fat accumulation is abnormal so that it can interfere with health. Overweight experienced during adolescence tends to continue into adulthood and can develop diseases such as cardiovascular disease and diabetes. Adolescents tend to have bad eating habits such as skipping meals, especially breakfast, which increases the risk of snacking at school. The types of snacks chosen usually contain high calories, fat, and sugar. The purpose of this study was to determine the relationship between breakfast habits and snack consumption with the incidence of overweight at SMAN 3 Jember. This study used a Cross Sectional design with 68 students as subjects. Sampling using Proportional Random Sampling was carried out randomly using a formula because the subjects in the population were considered the same. Data collection on breakfast habits used questionnaires and the frequency of snack consumption used interviews with FFQ. Data analysis used the Chi-Square test. The results showed that there was a relationship between breakfast habits and the incidence of overweight ($p = 0.001$) and there was a relationship between the frequency of snack consumption and the incidence of overweight ($p = 0.043$).

Keywords: *Breakfast Habits, Frequency of Snack Consumption, Overnutrition*