

**Relationship Between Dietary Antioxidant Quality Score and Visceral Fat  
with Total Cholesterol Levels in Patients with Hypercholesterolemia  
at Pakusari Public Health Center**

Ratih Putri Damayati, S.Gz., M.Si (Supervisor I)

**Nona Yulianingrum**

*Clinical Nutrition Study Program  
Department of Health*

***ABSTRACT***

*Hypercholesterolemia is a condition characterized by elevated total plasma cholesterol levels exceeding the normal value of 240 mg/dL. Hypercholesterolemia is one of the cardiovascular diseases that can lead to various other cardiovascular conditions. There are many factors that influence total cholesterol levels, including dietary patterns and abdominal fat or visceral fat. The aim of this study is to determine the relationship between factors associated with total cholesterol levels, such as antioxidant intake using the Dietary Antioxidant Quality Score (DAQS) and visceral fat. The method used is a cross-sectional study with purposive sampling. A total of 88 subjects participated in this study. The tools and instruments used in this research include the SQ-FFQ form, Bioimpedance Analysis (BIA), and Easy Touch GCU. The data were analyzed using Spearman and Pearson tests. The results of the bivariate analysis showed a significant relationship between DAQS and individuals with hypercholesterolemia (p-value 0.00), as well as between visceral fat and total cholesterol levels in individuals with hypercholesterolemia (p-value 0.00).*

**Keywords:** *Dietary Antioxidant Quality Score (DAQS), Hypercholesterolemia  
Visceral Fat*