

The Relations Vegetable Consumption, Fruit, Intake Fat, And Physical Activity To Degrees Obesity In Women in The village Balung Situbondo

Layli Rizqi¹) Agustina Endah.W, S.Sos, M.Kes²) Puspito Arum, S.Gz, M.Gizi³)
Course Nutrition Clinic
Department Of Health

ABSTRACT

Obesity or overweight is a condition that happens if the body fat tissue's quantity than total weight is bigger from normal condition or the body fat is abnormal. Obesity occurs because of the imbalance between energy consumption which enters to the body have to be used.. This study aims to analyze the relationship of consumption of vegetables, fruits, fat intake and physical activity to the degree of obesity in women in the village of Balung Situbondo.

This research method is using analytic survey research with cross sectional approach. This research conducted on August 2016 with total samples in this research is about 27 obese women respondents in the village of Balung Situbondo. Data analysis using Spearman's rank correlation test.

This research result is showing that there was no correlation between vegetable consumption to degrees obesity ($p = 0,728$), fruit consumption to degrees obesity ($p = 0,621$), fat intake to degrees obesity ($p = 0,603$), and physical activity to degrees obesity ($p = 0,767$).

Keywords: *Obesity, Fat Intake, Physical Activity, Fruit and Vegetable Consumption*

- 1) Students at the Polytechnic of Jember, Department of Health, Department of Clinical Nutrition IV.*
- 2) Lecturer at the Polytechnic of Jember, Department of Health, Department of Clinical Nutrition IV.*