

Perbedaan Asupan Lemak, Rasio Lingkar Pinggang-Panggul dan Kadar Kolesterol Total pada Pegawai Negeri Sipil yang Obesitas dan Tidak Obesitas di Politeknik Negeri Jember. (Fat Intake Difference, Waist-to-Hip Ratio, and Total Cholesterol Levels in Civil Servant Who are Obesity and not Obesity at The Polytechnic of Jember)

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ABSTRACT

The prevalence of obesity in the developed countries and developing countries was increased, the number of obesity around the world with a Body Mass Index $> 30 \text{ kg} / \text{m}^2$ exceeds 250 million peoples, which is about 7% of the adult population in the world. The purpose of this study is to find out the difference fat intake, waist-to-hip ratio, and total cholesterol levels in the Civil Employee who are obesity and not obesity in the Polytechnic of Jember. This study using Analytical Survey research design used was a cross sectional study. The amount of sample was using in this study amounted to 16 respondents for each of the group of obesity and non-obesity. That the total sample of 32 respondents. The method of Analytical data was using this research is Independent T-Test. Conclusions based Independent T-Test analysis showed that there was no difference between fat intake and total cholesterol levels in obesity respondents with no obesity ($p > 0.05$). Where is there are differences between waist-to-hip circumference ratio of respondents who were obese with non-obese ($p < 0.05$).

Keywords: Obesity, fat intake, waist-to-hip circumference ratio, and total cholesterol levels