The Relationship Between the Amount of Ultra-Processed Food (UPF) Consumption and Fiber Intake with the Incidence of Overweight Among Students at SMPN 10 Jember

Vera Amalia

Clinical Nutrition

Health Department

ABSTRACT

The increasing consumption of Ultra-Processed Food (UPF) among adolescents has become one of the risk factors contributing to changes in dietary patterns that affect nutritional status. UPFs are generally high in energy, fat, sugar, and salt but low in fiber. Low fiber intake can affect energy balance and increase the risk of overweight. Adolescence is a critical period in which eating habits are formed and can have long-term effects on nutritional status. This study aimed to determine the relationship between the amount of Ultra-Processed Food (UPF) consumption and fiber intake with the incidence of overweight among students at SMPN 10 Jember. This research was an analytic observational study with a cross-sectional approach. The study population consisted of all students at SMPN 10 Jember, with a total sample of 95 respondents selected using a probability sampling method with a proportional random sampling technique. Data on UPF consumption and fiber intake were obtained through interviews using a Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), while nutritional status was determined based on Body Mass Index for Age (BMI/A). Statistical analysis was performed using the Chi-Square test in SPSS. The results showed no significant relationship between the amount of Ultra-Processed Food (UPF) consumption and the incidence of overweight (p-value = 0.233), and no significant relationship between fiber intake and the incidence of overweight (p-value = 0.889). It can be concluded that there was no significant relationship between the amount of Ultra-Processed Food consumption and fiber intake with the incidence of overweight among students at SMPN 10 Jember.

Keywords*: Ultra-Processed Food, Fiber Intake, Overweight, Adolescents, Nutritional Status*