

# **Correlation Of Fat And Fiber Intake With Central Obesity Incidence In Civil Servants At Politeknik Negeri Jember**

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## **ABSTRACT**

*Central obesity is a chronic condition of excess body fat accompanied by visceral fat accumulation in the abdominal area, central obesity also known as abdominal obesity or visceral obesity, determined by the ratio of abdominal circumference. Riskesdas 2013 data show that the prevalence of central obesity has increased to 26.6%. Factors that can lead to the occurrence of central obesity include high fat intake and low fiber intake.*

*This research is aimed to known the correlation between fat and fiber intake with the incidence of central obesity in civil servants in politeknik negeri jember.*

*This research using an analytical survey method with cross sectional design. This research was held in February 2017 with the amount of sample is 39 respondents civil servants in politeknik negeri jember. Data analyze using correlation test Spearman Rank.*

*The result of this research showed there was a correlation between fat intake to the incidence of central obesity ( $p = 0,0001$ ) and also there was a correlation between fiber intake to the incidence of central obesity ( $p = 0,0001$ ).*

*The conclusion of this research is there was a correlation between fat and fiber intake on the insidence central obesity in civil servants.*

**Keyword:** *Fat intake, fiber intake, Incidence of central obesity.*