

***The Relationship between Physical Activity and Food Intake with the
Nutritional Status of Students in the Clinical Nutrition Study Program at State
Polytechnic of Jember***

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ABSTRACT

Current nutritional problems in Indonesia include the persistence of undernutrition and overnutrition. Survei Kesehatan Indonesia (SKI) of 2023 reported that the prevalence of nutritional problems in Indonesia among those aged 18 years and over, with nutritional status (BMI/A) of wasting was 7.8%, overweight was 14.4%, and obesity was 23.4%. This prevalence has increased compared to the 2018 Riskesdas results for overweight and obesity. Many factors influence nutritional status, for example physical activity and food intake. The purpose of study is determine the relationship between physical activity and food intake on the nutritional status of undergraduate students of Clinical Nutrition Study Program at State Polytechnic of Jember. This study is an observational analytical study with a cross-sectional approach. Total subjects were 135 undergraduate students for batch 2023 and 2024 who were choosen whith a simple random sampling technique. Data collection used height and weight measurements, a GPAQ questionnaire, and 2x24-hour food recall form. Statistical analysis with SPSS 22 and the Chi-square test. The outcomes represented that there was a significantly relation among carbohydrate food intake (p-value = 0.004) with the nutritional status, however there was insignificant relation among physical activity (p-value = 0.106), food intake including energy intake, protein intake, and fat intake (p-value = 0,125) (p-value = 0.924) (p-value = 0.855) with the nutritional status of undergraduate students of Clinical Nutrition study program, Polytechnic of Jember.

Keywords: *Physical Activity, Food Intake, Nutritional Status, and Students*