

ABSTRACT

Background : The prevalence of adolescent obesity is increasing in Indonesia. The transition of the social environment results in an unfavorable lifestyle. The purpose of the study was to determine the proportion of adolescent obesity, the relationship between consumption of fatty foods, disease history, physical activity and adolescent obesity in Indonesia.

Methods : The cross-sectional research design used some of the 2018 Basic Health Research data, 75.800 samples aged 13-18 years. The research variables were obesity nutritional status based on BMI/U and consumption of fatty foods, disease history, physical activity, age, gender, place of residence, parental history of overweight status, mother's occupation. Analysis of complex Samples chi square and multiple logistic regression..

Results: The proportion of adolescent obesity in Indonesia 6.2%, frequent consumption of fatty foods is (38.3%), history of disease (10.7%), light physical activity (39.9%). Bivariate analysis showed that there was a relationship between consumption of fatty foods in the category of frequent, occasional (POR = 1.29 95% CI = 1.07-1.55), (POR = 1.23 95% CI = 1.23-1.48), medical history (POR=1.31 95% CI=1.12-1.52) moderate physical activity (P = 0.012 ; POR=1.20 95% CI= 1.04-1.37) other risks age, gender, place of residence. The dominant factor of adolescent obesity was a parent's history of overweight status (POR= 4.20 95% CI=3.54-4.97) after controlling for consumption of fatty foods, history of disease and physical activity, age, gender, place of residence. Live.

Conclusion: Teenagers are advised not to consume high-calorie foods and increase physical activity.

Keywords: Obesity, Adolescents, Fatty Foods, Infectious Diseases, Physical Activity

ABSTRAK

Latar Belakang : Prevalensi obesitas remaja meningkat di Indonesia, Transisi lingkungan sosial mengakibatkan pola hidup kurang baik. Tujuan penelitian mengetahui proporsi obesitas remaja, hubungan konsumsi makanan berlemak, riwayat penyakit, aktivitas fisik dengan obesitas remaja di Indonesia.

Metode : Desain penelitian *cross sectional* menggunakan sebagian data Riset Kesehatan Dasar 2018, 75.800 sampel berusia 13-18 tahun. Variabel penelitian status gizi obesitas berdasarkan IMT/U dan konsumsi makanan berlemak, riwayat penyakit, aktivitas fisik, usia, jenis kelamin, tempat tinggal, riwayat orangtua status gizi lebih, pekerjaan ibu. Analisis *complex Samples chi square dan Regresi Logistik berganda*.

Hasil : Proporsi obesitas remaja di Indonesia 6,2%, konsumsi makanan berlemak sering 38,3%, riwayat penyakit 10,7%, aktivitas fisik ringan 39,9%. Analisis *bivariate* ada hubungan konsumsi makanan berlemak kategori sering, kadang-kadang (POR=1,29 95% CI=1,07-1,55), (POR=1,23 95% CI=1,23-1,48), riwayat penyakit (POR=1,31 95% CI=1,12-1,52) aktivitas fisik sedang (POR=1,20 95% CI=1,04-1,37) risiko lainnya usia, jenis kelamin, tempat tinggal. Faktor dominan obesitas remaja adalah riwayat orangtua status gizi lebih (;POR= 4,20 95% CI=3,54-4,97) setelah dikontrol konsumsi makanan berlemak, riwayat penyakit dan aktivitas fisik, umur, jenis kelamin, tempat tinggal.

Kesimpulan: Remaja disarankan untuk tidak konsumsi makanan tinggi kalori dan meningkatkan aktivitas fisik.

Kata Kunci : Obesitas, Remaja, Makanan berlemak, Penyakit infeksi, Aktivitas fisik