



Knowledge of Nutritions, Energy Intake, Macro Nutrients Intake, Fiber Intake, Physical Activity, Percent Body Fat and Police Nutrition Status in Police Metropolitan Resort West Jakarta 2017

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Abstract

Overweight on the police can decrease work productivity and become a risk factor for non-communicable diseases. This study aims to determine the relationship of nutrition, energy intake, fiber intake, physical activity, and body fat percentage to nutritional status and risk factors that affect it. Research design using cross sectional design with a sample of 104 respondents. Bivariate analysis using Pearson correlation and Rank Spearman, multivariable analysis using multiple linear regression. The results showed that there was a correlation between nutrition knowledge, energy intake, carbohydrate intake, fat intake, protein intake, physical activity, and percentage body fat to nutritional status ( $p < 0,05$ ) and the most influential variable is energy intake. Researchers suggest to make counseling about balanced nutrition in order to create motivation and self awareness to achieve normal nutritional status.

Keywords: Body fat percentage, Macro nutrient, Nutritional status, Police