

ABSTRACT

THE CORRELATION BETWEEN FOOD INTAKE AND TRIGLYCERIDE LEVELS IN OBESITY STUDENTS IN THE FACULTY OF MEDICINE UNIVERSITY OF LAMPUNG

By

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Obesity is a condition which there is an abnormal accumulation or increase level of fat in adipose tissue that can influence health. Increased fat accumulation is associated with increased risk of cardiovascular disease, dyslipidemia, hypertension, stroke and type 2 diabetes mellitus. The triglyceride levels of obese is higher than those who are not obese. One of the factors that influence triglyceride levels is food intake. The purpose of this study was to determine the relationship of food intake (carbohydrate, protein, fat and fiber) and triglyceride levels in obese students in the Faculty of Medicine, University of Lampung. This study was an observational study with cross sectional approach. Samples consisted of 44 respondents using consecutive sampling technique. The results show that the average intake of carbohydrates 128,8gram/day, intake of protein 46gram/day, intake of fat 32,3gram/day, intake of fiber 3,3gram/day and triglyceride levels 70,3mg/dL. There is a significant relationship between carbohydrates intake and triglycerides levels with medium correlation ($r=0.410$; $p=0.006$). There is a significant relationship between protein intake and triglyceride levels with medium correlation ($r=0.441$; $p=0.003$). There is a significant relationship between fat intake and triglyceride levels with low correlation ($r =0.385$; $p=0.01$). There was no relationship between fiber intake and triglyceride levels ($p = 0.986$). From the results, the special attention about food intake is needed because it can affect levels of triglycerides.

Keywords: food intake, triglyceride levels, obesity