

ABSTRACT

CORRELATION BETWEEN FOOD INTAKE (FIBER AND FAT) AND THE OCCURRENCE OF COLORECTAL CARCINOMA AT RSUD. Dr. H. ABDUL MOELOEK BANDAR LAMPUNG

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Colorectal carcinoma is one type of most malignant cancer and ranks fourth of the leading causes of cancer-related death. One of the most significant triggering factors of this cancer is eating habit. This research is to study the correlation between the adequacy level of fiber and fat and the occurrence of colorectal carcinoma.

This research is observational-analytical in nature with case control as its design research. It was conducted from November 2013 to January 2014, involving 40 samples, half of which were case group and half others were control group. The data collection methods combine questionnaire on food frequency and interview. The collected data was then analyzed with chi square analysis.

The finding reveals that there is a meaningful correlation between fiber from food intake and colorectal carcinoma, with $p=0.026$ and $OR=11.00$, while the figures for meaningful correlation between fat from food intake and colorectal carcinoma are as follow: $p=0.006$ and $OR=0.22$. It is therefore recommended that people pay more attention to balanced nutrients, especially fiber and fat in their diet, with the amounts of fiber and fat 25-30 grams and 27-68 respectively.

Keywords: colorectal carcinoma, fiber, fat