

## **ABSTRACT**

### **The Relation of Fast Food Eating Habits, Physical Activity And Nutritional Knowledge With Nutritional Status of First Year Medical Student of University of Lampung 2013**

By

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High level activities influence someone in choosing instant foods. Fast food is very easy to get and does not require a long time to be served. Most fast foods are high calories, cholesterol, fat, and salt but low in fiber. This certainly affects the nutritional status where the incidence of malnutrition is more likely to be higher. The level of nutrition knowledge also affects attitudes and behaviors in choosing foods.

The aim of this research is to know the relation of fast food eating habits, physical activity and nutrition knowledge with nutritional status. This research held at the Faculty of Medicine of University of Lampung in October-December 2013. It is descriptive analytical research with cross sectional design. The number of respondents are 125 people. Primary data was collected using a questionnaire with direct interviews.

The result of this research showed that 58.4% of respondents were often eating fast food and 41.6% respondents were rarely eating fast food, 42.4% of respondents had a good physical activity and 57.6% had less physical activity. For the nutritional knowledge, 55.2% of respondents had a good knowledge of nutrition, 28% had moderate nutritional knowledge and 16.8% had less nutritional knowledge. For nutritional status, 40% were overweight, 33.6% were ideal and 16.5% were underweight. The conclusion of this research is the habit of eating fast food, physical activity, and nutritional knowledge has no statistically meaningful relationship with nutritional status ( $p > 0.05$ ).

Key words : Fast food, nutritional knowledge, nutritional status, physical activity