

## **ABSTRACT**

### **THE ASSOCIATION BETWEEN INTAKE OF ENERGY, PROTEIN AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS OF ELDERLY PEOPLE LIVING IN UPTD TRESNA WERDHA NURSING HOUSE NATAR SUBDISTRICT NORTH LAMPUNG REGENCY YEAR 2014.**

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Increasing of elderly population correlate to increasing of life expectancy. On the other hand quality of life of the population in Indonesia is still low. Dietary intake factor and physical activity have a significant contribution in determining nutritional status of elderly. Prevalence of malnutrition in elderly have achieved significant level. The purpose of this research was to determine the association between intake of energy, protein and physical activity with nutritional status of elderly people living in UPTD Panti Sosial Tresna Werdha nursing house Natar District, Lampung Selatan Regency in 2014.

This Research was cross-sectional design with 56 respondents. The sample of this research was elderly in UPTD Panti Sosial Tresna Werdha Natar District Lampung Selatan Regency which matched to inclusion and exclusion criteria. Analysis of correlation data using Pearson and Spearman test.

The results showed that there were no significant correlation between energy intake and nutritional status ( $r = -0,032$  and the  $p\text{-value} = 0,813$ ), there were no significant correlation between protein intake and nutritional status ( $r = 0,065$  and  $p\text{-value} = 0,632$ ) and there were significant correlation between physical activity and nutritional status ( $r = 0,476$  and  $p\text{-value} = 0,000$ ) based on the finding more concern of menu and dietary variation for elderly should be addressed.

**Key words :** Nutritional status, energy intake , protein, physical activity