

HUBUNGAN KONSUMSI SAYUR DAN BUAH, MAKANAN BERLEMAK, SERTA AKTIVITAS FISIK DENGAN KEJADIAN OBESITAS SENTRAL PADA PRALANSIA DI PROVINSI DKI JAKARTA (ANALISIS SKI 2023)

Fadia Syahraya Nirzal

Abstrak

Dengan prevalensi yang terus meningkat di Indonesia, obesitas sentral menjadi salah satu faktor risiko penting penyakit metabolik, di mana DKI Jakarta mencatat angka tertinggi sebesar 45,7%. Gaya hidup masyarakat urban, seperti pola konsumsi tidak sehat dan rendahnya aktivitas fisik, turut berkontribusi terhadap tingginya prevalensi tersebut. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi sayur dan buah, makanan berlemak, serta aktivitas fisik terhadap kejadian obesitas sentral pada pralansia di Provinsi DKI Jakarta. Penelitian ini menggunakan desain cross-sectional dengan data sekunder SKI 2023 dan melibatkan 2.417 responden usia 45–59 tahun. Analisis dilakukan menggunakan complex sample chi-square dan regresi logistik. Hasil menunjukkan bahwa usia lebih tua berhubungan signifikan dengan peningkatan risiko obesitas sentral ($p = 0,043$). Selain itu, jenis kelamin ($p = 0,000$; AOR = 3,396), konsumsi sayur dan buah ($p = 0,010$; AOR = 0,603), konsumsi makanan berlemak ($p = 0,012$; AOR = 1,379), dan aktivitas fisik ($p = 0,048$; AOR = 1,324) menunjukkan hubungan yang signifikan. Sementara variabel pendidikan dan pekerjaan tidak menunjukkan hubungan yang bermakna secara statistik ($p > 0,05$). Temuan ini mengindikasikan bahwa aspek usia, jenis kelamin, kebiasaan makan, serta tingkat aktivitas fisik menjadi perhatian utama dalam upaya pencegahan obesitas sentral pada kelompok usia pra-lansia.

Kata Kunci : Obesitas sentral, Pralansia, Sayur dan Buah, Makanan Berlemak, Aktivitas Fisik

ASSOCIATION BETWEEN FRUIT AND VEGETABLE CONSUMPTION, FATTY FOOD INTAKE, AND PHYSICAL ACTIVITY WITH THE INCIDENCE OF CENTRAL OBESITY AMONG PRE-ELDERLY ADULTS IN DKI JAKARTA PROVINCE: AN ANALYSIS OF THE 2023 SKI DATA

Fadia Syahraya Nirzal

Abstarct

Central obesity is a well-established risk factor for metabolic diseases, and its prevalence continues to rise in Indonesia, with DKI Jakarta reporting the highest rate at 45.7%. Urban lifestyles characterized by unhealthy dietary patterns and physical inactivity significantly contribute to this condition. This study aimed to examine the associations between fruit and vegetable intake, high-fat food consumption, and physical activity with central obesity among pre-elderly adults in Jakarta Province. A cross-sectional design was employed using secondary data from the 2023 Indonesian Health Survey (SKI), comprising 2.417 respondents aged 45-59 years. Data were analyzed using complex sample chi-square and logistic regression. Older age was significantly associated with an increased risk of central obesity ($p = 0,043$). Significant associations were also observed for gender ($p = 0,000$; AOR = 3,396), fruit and vegetable intake ($p = 0,010$; AOR = 0,603), high-fat food consumption ($p = 0,012$; AOR = 1,379), and physical activity ($p = 0,048$; AOR = 1,324). In contrast, education and employment status were not significantly associated ($p > 0,05$). These findings indicate that age, gender, dietary habits, and physical activity levels should be key considerations in efforts to prevent central obesity among the pre-elderly population.

Keyword : *Central Obesity, Pre-elderly, Fruit and Vegetable, High-fat Food, and Physical Activity*