

**FAKTOR-FAKTOR RISIKO STATUS GIZI LEBIH
(*OVERWEIGHT* DAN OBESITAS) PADA REMAJA USIA 13-15
TAHUN DAERAH ISTIMEWA YOGYAKARTA (ANALISIS
DATA SKI 2023)**

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Abstrak

Tren peningkatan *overweight* dan obesitas pada remaja usia 13–15 tahun di Daerah Istimewa Yogyakarta (DIY) tercatat sebesar 14,7% sepanjang periode 2013–2023. Penelitian ini bertujuan menganalisis hubungan konsumsi makanan berisiko, konsumsi buah dan sayur, aktivitas fisik, serta faktor sosiodemografi dengan status gizi lebih remaja di DIY. Penelitian menggunakan desain potong lintang dengan data sekunder Survei Kesehatan Indonesia (SKI) 2023 pada 399 remaja. Analisis dilakukan secara univariat dan bivariat menggunakan uji chi-square. Prevalensi *overweight* dan obesitas sebesar 27,6%. Hasil analisis bivariat menunjukkan hubungan signifikan antara konsumsi minuman manis ($p=0,018$) dan konsumsi sayur ($p=0,033$) dengan status gizi remaja. Variabel konsumsi buah ($p=0,323$), makanan berlemak ($p=0,872$), makanan instan ($p=0,726$), aktivitas fisik ($p=0,688$), jenis kelamin ($p=0,818$), dan tempat tinggal ($p=0,393$) tidak berhubungan signifikan. Hasil penelitian menekankan pentingnya pengendalian konsumsi minuman manis dan perbaikan pola makan melalui intervensi gizi berbasis sekolah.

Kata Kunci : Konsumsi sayur, Minuman Manis, Obesitas, Remaja,
Status Gizi lebih,

RISK FACTORS OF *OVERWEIGHT* AND *OBESITY* AMONG ADOLESCENTS AGED 13–15 YEARS IN THE SPECIAL REGION OF YOGYAKARTA: ANALYSIS OF THE 2023 INDONESIAN HEALTH SURVEY

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Abstract

An increasing trend of overweight and obesity among adolescents aged 13–15 years in the Special Region of Yogyakarta (DIY) reached 14.7% during the 2013–2023 period. This study aimed to examine the association between consumption of risk foods, fruit and vegetable intake, physical activity, and sociodemographic factors with overweight and obesity among adolescents in DIY. A cross-sectional study design was applied using secondary data from the 2023 Indonesian Health Survey (SKI), involving 399 adolescents. Data were analyzed using univariate and bivariate analyses with the chi-square test. The prevalence of overweight and obesity was 27.6%. Bivariate analysis revealed significant associations between sugar-sweetened beverage consumption ($p=0.018$) and vegetable intake ($p=0.033$) with adolescent nutritional status. No significant associations were found for fruit consumption ($p=0.323$), fatty food intake ($p=0.872$), instant food consumption ($p=0.726$), physical activity ($p=0.688$), sex ($p=0.818$), and place of residence ($p=0.393$). These findings highlight the importance of reducing sugar-sweetened beverage consumption and improving dietary patterns through school-based nutrition interventions.

Keywords : *Adolescents, Obesity, Overweight, Sugar-sweetened Beverages, Vegetable Consumption*