

## Hubungan antara asupan makronutrien dan profil lipid dengan ukuran lingkar pinggang karyawan usia 35 - 45 tahun = Interrelationship of macronutrient intake, lipid profile and waist circumference in women aged 35 - 45 years

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### Abstrak

#### **ABSTRAK**

Modernisasi kota-kota besar di Indonesia terutama Jakarta meningkatkan jumlah perempuan bekerja dengan perubahan terhadap gaya hidup terutama dalam jumlah dan komposisi asupan makanan. Hal tersebut bila disertai dengan mulai meourunnya hormon estrogen pada perempuan di awal masa klimakterium, dikhawatirkan telah terjadi perubahan profil lipid dan distribusi lemak. Tujuan penelitian ini adalah diketahuinya asupan total energi dan asupan makronutrien serta profil lipid karyawan di awal masa klimakterium yaitu usia 35-45 tahun, serta hubungannya dengan ukuran lingkar pinggang. Studi ini adalah studi potong lintang yang dilakukan di Poliklinik Departemen Kebudayaan dan Pariwisata RJ. Sebanyak 66 orang karyawan menandatangani lembar persetujuan menjadi subyek penelitian, dengan 52 orang (78,8%) subyek menyelesaikan studi ini. Pengumpulan data dilakukan dengan wawancara, pengukuran antropometri dan pencatatan asupan makanan menggunakan metode food record 3x24 jam. Dilakukan juga pemeriksaan laboratorium untuk mengukur kadar kolesterol LDL, HDL dan trigliserida serum. Rerata ukuran lingkar pinggang subyek adalah  $84,8 \pm 9,42$  cm dengan sebagian besar subyek (67,3%) termasuk dalam kategori lebih. Rerata asupan total energi subyek penelitian adalah  $1571 \pm 303,2$  kkal, dengan sebagian besar subyek termasuk dalam kategori cukup jika dibandingkan dengan kebutuhan energi total. Rerata asupan makronutrien untuk karbohidrat adalah  $213,7 \pm 40,73$  gr ( $54,7 \pm 6,24$  o/oE), serat  $11,2 \pm 4,52$  gr, protein  $54,0 \pm 13,25$  gr ( $13,7 \pm 1,89$  %E), lemak  $56,0 \pm 17,76$  gr ( $31,6 \pm 5,62$  %E), SAFA  $25,8 \pm 8,84$  gr ( $14,6 \pm 3,44$  %E), MUFA  $14,1 \pm 5,07$  gr ( $8,0 \pm 2,02$  %E), PUFA  $12,3 \pm 5,85$  gr ( $6,9 \pm 2,84$  %E) dan kolesterol  $242,2 \pm 118,36$  mg per hari. Berdasarkan anjuran asupan oleh PERKENI, asupan karbohidrat, protein, MUF A dan PUF A sebagian besar subyek dikategorikan cukup. Sementara asupan lemak, SAP A dan kolesterol sebagian besar subyek dikategorikan lebih dan asupan serat kurang. Kadar kolesterol LDL, HDL dan trigliserida subyek berturut-turut adalah  $126,3 \pm 29,71$  mg/dL,  $58,2 \pm 9,46$  mg/dL dan  $84,7 \pm 35,81$  mg/dL. Kadar kolesterol LDL dan trigliserida serum sebagian besar subyek dalam kategori normal. Kadar kolesterol HDL serum seluruh subyek dalam kategori normal. Tidak terdapat hubungan bermakna antara jumlah asupan energi total dan masing-masing makronutrien terhadap ukuran lingkar pinggang. Namun terdapat korelasi derajat lemak

antara kadar trigliserida serum dan ukuran lingkar pinggang.

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<b>Abstract</b><br>

Modernization on some major cities in Indonesia specially Jakarta has raised the number of working women from year to year, and alter their lifestyle including their total nutrition intake and macronutrient composition. Accompanied with decreasing estrogen level in early climacteric women, there was big concern that there had been alteration on lipid profile and fat distribution among these women. The aim of the study was to evaluate daily intake of total energy, macronutrients and lipid profile among healthy female government employee on early climacteric phase (aged 35-45 years), and their association with waist circumference. This cross sectional study took place in Cultural and Tourism Department of Republic Indonesia. Sixty six women have provided consent, while 52 subjects (78.8%) have completed the study. Data collection were conducted from interviews, anthropometric measurements and dietary assessment using 3 x 24 hours food record. Serum triglyceride, LDL, HDL cholesterol level were assessed as well. Mean value of waist circumference was  $84.8 \pm 9.42$  cm, and categorized as high, as well as on the majority of subjects (67.3 %). Mean value and standard deviation of total energy intake was  $1571 \pm 303,2$  kcal, and categorized as moderate. The mean intake value of carbohydrate was  $213,7 \pm 40,73$  g ( $54,7 \pm 6,24$  %E), fiber  $11,2 \pm 4.52$  gr, protein  $54.0 \pm 13.25$  g ( $13.7 \pm 1.89$  %E), fat  $56.0 \pm 17.76$  g ( $36 \pm 5.62$  %E), SAFA  $25.8 \pm 8.84$  gr ( $14.6 \pm 3.44$  %E), MUFA  $14.1 \pm 5.07$  gr ( $8.0 \pm 2.02$  %E), PUFA  $12.3 \pm 5.85$  gr ( $6.9 \pm 2.0$  %E) and cholesterol  $242.2 \pm 118.36$  mg/day. Based on PER.KENI recommendation for macronutrient intake, majority of subject's intake of carbohydrate, protein, MUFA and PUFA were categorized as moderate, the intake of daily fat, SAFA and cholesterol were high, and all subject's intake of fiber was low. Subject's serum LDL and HDL cholesterol level were  $126.3 \pm 29.71$  mg/dL and  $58.2 \pm 9.46$  mg/dL respectively, while serum triglyceride level was  $84.7 \pm 35.81$  mg/dL. Majority of subject's lipid profile categorized as normal. No significant associations were found among total energy as well as macronutrients with waist circumference. Nevertheless, there was weak significant association between triglyceride serum level and waist circumference.