

Hubungan antara asupan makronutrien dan profit lipid dengan ukuran lingkar pinggang karyawati usia 35 - 45 taltun = 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 honnon estrogen pada perempuan di awal masa klimakterium, dikhawatirkan telah teljadi perubahan profil lipid dan distribusi lemak. Tujuan penelitian ini adalah diketahuinya asupan total energi dan asupan makronutrien serta profit lipid karyawati di awal rna.- klimakterium yaitu usia 35-45 tahun, serta hubungannya dengan ukuran lingkar pinggang. Stodi ini adalah studi potong lingtang yang dilakukan di Poliklinik Departemen Kebudayaan dan Pariwisata RJ. Sebanyak 66 orang karyawati menandatangani lembar persetujuan menjadi subyek penelitian, dengan 52 orang (78,8%) subyek menyelesaikan studi ini. Pengumpulan data ditakukan dengan wawancara, pengukuran antropometri dan paitaian asupan makanan menggunakan merode food record 3x24 jam. Dilakukan juga pemeriksaan tahoratorium untuk mengukur kadar kolesterol LDL, HDL dan trigliserida serum. Rerata ulruran lingkar pinggang subyek adalah $84,8 \pm 9,42$ em dengao sebagian besar subyek (67,3%) tennasuk dalarn kategori lebih. Rerata asupan total energi subyek penelitian adalah $1571 \pm 303,2$ kkal, dengan sebagian besar subyek tennasuk dalarn kategori cukup jika dibandingkan dengan kebutoba energi total. Rerata asupan makronutrien untuk karbohidrat adalah $213,7 \pm 40,73$ gr ($54,7 \pm 6,24$ o/oE), sera! $11,2 \pm 4,52$ 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 kotesterol $242,2 \pm 118,36$ mg per hari. Berdesarkan aujuran asupan oleh PERKENI, asupan kaibohidrat, protein, MUF A dan PUF A sebagian besar subyek dikategorikan cukup. Sementara asupan lemak, SAP A dan kotesterol sebagian besar subyek dikategorikan lebih dan asupan serat kurang. Kadar kolesterol LDL, HDL dan trigliserida subyek berturut-turut adalah $126,3 \pm 29,71$ m8fdL, $58,2 \pm 9,46$ mg/dL dan $84,7 \pm 35,81$ mg/dL. Kadar ko1esterol LDL dan trigliserida serum sebagian besar subyek dalam kategori normal. Kader kolesterol HDL serum seluruh subyek dahan kategori normal. Tidak terdapat hubungan bermakna antara jumlah asupan energi total dan masing-masing makronutrien terhadap ukuran lingkar pinggang. Namun terdepat korelasi derajat lemak

antara kadar trigliserida serum dan ukuran lingkar pinggang.

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**Abstract
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Modernization on some major cities in Indonesia specially Jakarta has raised the number of working women from year to year, and alter their !restyle 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 ± 9.42 em, 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 ± 303.2 kcal, and categorized as moderate. The mean intake value of carbohydrate was 213.7 ± 40.73 g (54.7 ± 6.24 %E), fiber 11.2 ± 4.52 gr, protein 54.0 ± 13.25 g (13.7 ± 1.89 %E), fat 56.0 ± 17.76 g (31.6 ± 5.62 %E), SAFA 25.8 ± 8.84 gr (14.6 ± 3.44 %E), MUFA 14.1 ± 5.07 gr (8.0 ± 2.02 %E), PUFA 12.3 ± 5.85 gr (6.9 ± 2.1 %E) and cholesterol 242.2 ± 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 ± 29.71 mg/dL and 58.2 ± 9.46 mg/dL respectively, while serum triglyceride level was 84.7 ± 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.