Hubungan konsumsi protein nabati-hewani dan konsentrasi serum asam amino essensial dengan persen lemak tubuh pada orang dewasa di Jakarta Timur = Associations of dietary animal-plant protein intake and essential amino-acid serum concentration with body fat percentage among adult in East Jakarta

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Abstrak

Obesitas menjadi tantangan serius di dunia. Konsumsi protein adalah salah satu faktor penting yang berkontribusi terhadap regulasi lemak tubuh, tetapi informasi mengenai sumber protein specific dan pengaruhnya terhadap regulasi lemak di negara berkembang masih terbatas. Sehingga, peneliti ingin mengetahui hubungan antara asupan protein dan sumbernya dengan obesitas pada orang dewasa di Indonesia. Studi cross-sectional ini melibatkan 167 orang dewasa berusia 19-50 tahun di perkotaan Jakarta Timur. Asupan protein didapatkan dari repeated 24H Recall yang diklasifikasikan sebagai asupan rendah dan tinggi protein. Persentase lemak tubuh diukur dengan metode Air Displacement Plethysmograph yang diklasifikasikan sebagai obesitas wanita (>33%) dan obesitas pria (>25%). Sekitar 69% subjek mengalami obesitas. Sumber utama asupan protein nabati dan hewani berasal dari sereal dan produknya (median =11,3 gr/hari atau 22,9% dari total protein), dan unggas (median =7,85 gr/hari atau 15,9% dari total protein). Setelah penyesuaian terhadap status perkawinan dan jenis kelamin mendapatkan hasil bahwa asupan tinggi protein tidak berhubungan dengan obesitas (OR 1,84, p-value = 0,15), dan jenis asupan protein hewani atau nabati tidak berhubungan dengan obesitas (OR protein hewan 0879, p-value = 0,69; OR protein nabati 0,95, p-value =0,98). Promosi jenis konsumsi protein harus diperhatikan agar berhasil menurunkan prevalensi obesitas di negara ini.
<hr>Obesity is becoming a serious challenge worldwide. Protein consumption is one of the important contributing factors to body fat regulation, but existing information has limitedly explored type of protein and its influence for fat regulation in developing world. Therefore, we investigated the association between protein intake and its sources with obesity. This cross-sectional study involved 167 adults aged in East Jakarta. Protein intake were collected from repeated 24-hour recalls that was classified as low and high intake. Body fat percentage was measured by Air Displacement Plethysmograph method and classified as female obese (<u>></u>33%) and male obese (<u>></u>25%). About 69% of subjects were obese. The main sources of plant and animal protein intake came from cereals and its products (median=11.3 gr/day or 22.9% of protein intake), and white meat (median=7.85 gr/day or 15.9% of protein intake), respectively. After adjustment for marital status and sex those who had higher protein intake did not associated with being obese (Adjusted OR 1.84, p-value=0.15), while, animal-plant protein intake was not associated with obesity (Adjusted OR 0.879 animal protein, p-value=0.69; OR 0.95 plant protein, p-value=0.98). The promotion of type of protein consumption must be concerning to successfully lower the prevalence of obesity in the country.