

Hubungan Antara Healthy Eating Index Dan Asupan Energi Total Terhadap Kadar Leptin Pada Dewasa Urban Jakarta = Relationship Between The Healthy Eating Index And Total Energy Intake With Leptin Level In Jakarta Urban Adults

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20528196&lokasi=lokal>

Abstrak

Leptin berfungsi untuk menjaga keseimbangan energi untuk mencegah penambahan berat badan dalam menurunkan risiko resistensi leptin. Peningkatan leptin dipengaruhi oleh jumlah simpanan lemak dan perubahan akut dari asupan makanan. Asupan energi mempengaruhi sekresi leptin untuk menjaga keseimbangan energi. Healthy eating index (HEI) tinggi diartikan kualitas diet yang baik mencegah penyimpanan lemak dan peningkatan berat badan. Kami bertujuan untuk mengetahui hubungan antara HEI dan asupan energi total dengan kadar leptin pada orang dewasa perkotaan Jakarta. Teknik pengambilan sampel adalah metode konsekutif dan diperoleh 110 subjek yang memenuhi kriteria penelitian. Pengambilan data melalui 3 kali 24 jam food recall, pengukuran antropometri dan pengambilan serum darah. Asupan energi total rata-rata 1894 ± 482 kkal. Hasil skor HEI 36,5 (31,7-41,2). Hasil kadar leptin 15,7 (7,6-26,1) ng/ml. Hubungan signifikan negatif antara asupan energi total dengan kadar leptin ($\hat{\beta}^2 -0,8$, $p=0,008$) sebelum disesuaikan dengan usia, jenis kelamin dan IMT. Hubungan antara HEI dengan kadar leptin tidak didapatkan hubungan yang signifikan.

.....The function of leptin is to maintain energy balance to prevent weight gain and reduce the risk of leptin resistance. High leptin is influenced by the amount of fat stores and acute changes in food intake. Energy intake affects leptin secretion to maintain energy balance. A high healthy eating index (HEI) means a good quality diet prevents fat storage and weight gain. We aimed to determine the relationship between HEI and total energy intake with leptin levels in Jakarta urban adults. The sampling technique was the consecutive method and obtained 110 subjects who met the research criteria. Data were collected through 3 times 24 hours of food recall, anthropometric measurements and taking blood serum. Average total energy intake was 1894 ± 482 kcal. HEI score 36.5 (31.7-41.2). The results of leptin levels were 15.7 (7.6-26.1) ng/ml. There was a significant negative relationship between total energy intake and leptin levels ($\hat{\beta}^2 -0.8$, $p=0.008$) before adjusting for age, sex and BMI. There was no significant relationship between HEI and leptin levels.