

Nutrition Status, Physical Activity Level, Energy Sufficiency Level and Protein In Teens at Baitul Falah Orphanage Semarang

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ABSTRACT

Nutritional status is influenced by the consumption of food and nutrients in the body and is used efficiently to achieve optimal nutritional status that allows physical growth, brain development, work ability and general health at the highest level possible. Physical activity is the body movement produced by muscles that require energy exposure. Proteins are composed of elements of carbon, hydrogen, oxygen, and nitrogen, in addition sulfur and phosphorus elements also exist. All these ingredients are obtained through herbs (protein, vegetable) such as nuts, especially soybeans and green beans and their processed products (tempeh and tofu), and through animals (animal protein), such as meat, milk, eggs, fish.

The purpose of this research is to describe nutritional status, physical activity level, energy and protein adequacy level. This study uses the technique of making total population. Nutritional status data obtained by measuring body weight and height and then calculate the BMI and categorized. Physical activity level data obtained by interview for 3 days not sequence then averaged then divided by 24 hours. The data of energy sufficiency level was obtained by 3 days non-sequential interview then summed and averaged in a day, then compared with the recommended AKG and the data of sufficiency and protein was obtained by 3 days non-sequential interview then added and averaged in a day, then compared with the recommended AKG.

As much as 59.1% have less nutritional status, 36.4% normal nutritional status, and 4.5% overweight nutritional status. At 50.0% of high physical activity, all adolescents experienced a deficit in the adequacy of energy deficit and 68.2% had a sufficiently high protein deficit.

Keywords: Nutrition Status, Physical Activity Level, Level of Energy Kick, Protein Sufficiency Level