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The Nutritional Status Related Factors of the Employees of Medical Faculty UPN "Veteran" Jakarta

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Introduction : A good nutritional status is one of many other important precondition of the high physical quality of human resources in the process of work activities. Employees have a strategic position in the process of working capacity. High physical quality .can determine a better physical endurance and working capacity

Methods : The aim of this research is to known several factors related to nutritional status of the employees of the Medical Faculty UPN "Veteran" Jakarta. There are sixty one employees of the Medical Faculty UPN "Veteran" Jakarta fill food frequency questionnaire and take the measurement of the body weight and height to know the body mass indeks. This research used consecutive sampling technique.

Results : The result of the research shows that 37 people in the young age and 24 people in the middle age. 32.8% respondents in this research are man and 67.8% are women, with the most (78.7%) of them have high education status. 95.1% have low habit of exercise and (82%) with low physical activity. 91.8% have a good food paterm and 52.5% empoyees have a normal nutritional status. Based on chi square test showed that between the age of employees and nutritional status have a significant result ($p=0.032$) and there is no significant relation between sex, level of education, habit of exercise, physical activity and the feeding patron with the nutritional status.

Conclusion : Mostly employees of the Medical Faculty UPN "Veteran" Jakarta have a normal nutritional status. Only age is the significant factors influence nutritional status of the employees Medical Faculty UPN "Veteran" Jakarta.

Keywords : Employees, body mass indeks, nutritional status