

Susiloretni . Compilation of Studies related to Food Consumption, Physical Exercise, Healthy Lifestyle, and Nutritional Status conducted in Indonesia between 2000-2010: Age group Adult age 20-54 years. Research Report.

Background. In developing evidence based Food Based Dietary Guidelines, reliable data on food pattern, nutrient intake, health and nutritional status are needed. The purpose of this study was to compile results of studies related to the above topic conducted in Indonesia between 2000 and 2010.

Methods. Literature search was done using library visit, internet, and visit to universities and government institutions. Eight cities were visited, namely Yogyakarta, Solo, Semarang, Jember, Magelang, Malang, and Denpasar. Subject of this study was adult age 20-54 years. Studies with samples equal to and greater than 80, from non-intervention or control group, were included in the compilation. Data was systematically extracted and narrated.

Results. In total, 142 studies were identified in the search. Most adults (52%-71%) consumed meals three times a day. Skipping breakfast was pretty common (6%-66%). Only 10% of adults could eat variety of food in each meal. Energy intake ranged from 1121 to 1883 kcal/day, with more adults consuming <80% of the Recommended Dietary Allowance (RDA). On the other hand, protein intake ranged from 40 to 79 g/day, with more adults consuming excess protein. Consumption of legumes was often, while the consumption of animal food was rare. The prevalence of adults that met recommendation of fruits and vegetables intake was very low (7%). Consumption of iodized salt varied (23%-100%). Deficit and excess in fat intake were similarly found (both has prevalence of 20%-45%). Approximately 75% adults were deficit in micronutrients, especially calcium and iron.

The percentage of adults who lack physical activity, smoked, consumed alcohol, and consumed risky foods (sweet meals/drinks, salty food, fatty meals, innards, roasted and preserved food, caffeine, and flavoring) was greatly varied, i.e. 11%-20%, 7%-69%, 1%-63%, and 2%-78% respectively. Up to 50% adults suffered from chronic- energy deficiency (Body Mass Index-BMI <18.5) (range 1%-50%). Likewise, up to half (2%-51%) of the adults was overweight/obese (BMI>25). The percentage of hypercholesterolemia was 6%-51% and hypertension was 35%-65%. The prevalence of anemia was 8%-65% and iodine deficiency (IU<100 µg/L) was 3%-41%. On the contrary, excessive iodine (>200 µg/L) was also found (29%- 64%). Women were found to be more affected in malnutrition related diseases than men, i.e. prevalence of obesity (10% to 56% vs 6% to 12%), hypercholesterolemia (8% vs. 6%), hypertension (65% vs. 35%), and anemia (32% vs. 14%).

Key words: Food consumption, Healthy lifestyle, Nutritional status, Adult, Review