

Wahyuni . Compilation of Studies related to Food Consumption, Physical Exercise, Healthy Lifestyle, and Nutritional Status conducted in Indonesia between 2000-2010: Age group Adolescence age 13-18 years.

Introduction. Adolescence is a transition stage from childhood to adulthood, which is also often led to problem in their health and behavior. It is necessary to review nutrition conditions that exist in Indonesia, looking at the adolescent Food Consumption, Physical Activity, Lifestyle, and Nutritional Status to support the design of Nutritional Guidelines for this particular age group. This exercise is aimed to compile results of studies conducted in Indonesia between 2000-April 2010.

Methods. Literature search was done using library visit, internet, and visit to universities and government institutions. Cities visited were Yogyakarta, Solo, Semarang, Purwokerto, Jember, Magelang, Malang, Surabaya, and Denpasar. Subject of this study was adolescents age 13-18 years. Studies with samples equal to and greater than 80 adolescents, from non-intervention or control group, were included in the compilation. Data was systematically extracted and narrated.

Results. This review identified 130 studies, which was mostly (95%) gathered from library searched. The studies covered 17 provinces, of which one-third (31%) in Yogyakarta. Most studies (66%) were conducted at district level, covered urban setting (72%), and were cross-sectional in design (91%).

The percentage range of intake compared to the Recommended Daily Allowance (RDA) was as follows: energy 82% to 107% (1607 to 2249 kkal), protein 60% to 124% (37-91 g), carbohydrates 78% to 92% (234-257 g), fat 68% to 115% (37-83 g), iron 95% to 99%, and vitamin-A 875%. Consumption of other nutrients and nutrition related items that were available included fiber, folic acid, vitamin B1, C, calcium, zinc, iodized salt. More adolescents who live in rural areas consumed vegetables and fruits than their counterparts in urban areas (80% vs. 60% for vegetables and 61% vs. 45% for fruits respectively. Most adolescents (51%-69%) in Java had three meals per day, while 60% in Denpasar had two times per day. Adolescents who had breakfast (23%-94%) and consumed supplements (mostly vitamin-C) (5-65%) varied.

Popular physical exercises for adolescents were jogging (79%) and sport games (71%) such as badminton, soccer, volleyball, softball, and basketball. About three-fourth (71%) of adolescents were either at *Risk of- or Had- Unhealthy lifestyle*, measured by scoring of the 10 ways and habits in selecting and consuming food. From 30 studies that measured nutritional status using Body Mass Index (BMI), 23%-88% of adolescents were found normal, 0%-60% severe underweight, and 0%-13% obese. The prevalence of anemia was 2%-87%, while for goiter 31%-52%. Other information available was Iodine Concentration in Urine (129 µg/L- 213 µg/L) and Night Blindness (2.5% and 3.6% females; 2.5% males).

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