



ABSTRACT

Calorie intake of UKRIDA students in Jakarta, Indonesia in 2021Dede Okky Tri Nurhassanah¹, Gracia. J. M. T. Winaktu¹, Luciana Budiati Sutanto¹, Hartanto²^{1.} Nutrition Department, Medical Faculty, Krida Wacana Christian University, Jakarta Indonesia.^{2.} Anatomy Department, Medical Faculty, Krida Wacana Christian University, Jakarta Indonesia.

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Website<http://www.worldnutrijournal.org/>**Abstract : Nutrition Virtual Symposium 2021 – Oral Presentation**

Introduction : Calorie intake plays an important role in muscle contraction, concentration and organ functions. The recommendation of calorie intake, based on Indonesian RDA (AKG) 2019 for young adults, is 2250 kcal/day for women and 2650 kcal/day for men. Lack of calorie intake still occurs in faculty of medicine students in Semarang. This study aims to investigate the calorie intake of UKRIDA students, Jakarta, Indonesia in 2021.

Methods : This study used a descriptive cross-sectional design and purposive sampling. Food intake data were collected by an online survey in May–June 2021, after obtaining ethical approval. Subjects were 107 students, male and female (31.8% and 68.2%). The inclusion criteria were healthy students aged 19-25 years old. The exclusion criteria were illness which caused eating difficulties, in fasting and doing a weight loss program.

Results: The result showed among this 323 patients, the age range is 21 to 78 year old and 55,42% are males. Body mass index was categorized according to asia-pacific category and 244 patients (75,5%) are obese. Severe COVID-19 occurs in 107 patients (33%) and the most found complication is acute respiratory distress syndrome in 77 patients (23,8%). The longest hospitalization was 30 days and the clinical outcome for 13 patients (4%) was death.

Results : The results showed that the mean age was 21.4 ± 0.9 years old. The nutritional status was 10.3%, 52.3%, and 37.4% of underweight, normal and overweight-obese, respectively. Calorie intakes were less than recommendation in 80.4% (mean $1,200 \pm 339$ kcal/day), enough in 18% (mean $2,042 \pm 280$ kcal/day) and excessive in 1 participant (2,395 kcal/day).

Conclusion

Most students had less calorie intake, while the nutritional status showed most students were normal to obese. It is necessary to measure calorie intake by determining the Ideal Body Weight (BBI) multiplied by the Basal Metabolic Rate (BMR) for each student to confirm this research.

Keywords: nutritional status, calorie intake, college students, young adults**Corresponding author:**

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