

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIH GIZI**

MEUTIA KHANSAH

**“GAMBARAN ASUPAN LEMAK, SERAT, DAN KADAR KOLESTEROL
PADA PEGAWAI KANTOR DI INSPEKTORAT PROVINSI RIAU”**

ABSTRAK

Kadar kolesterol total di dalam darah sangat berpengaruh terhadap pembentukan plak pada dinding pembuluh darah. Kadar kolesterol yang melebihi batas normal akan memicu terjadinya proses aterosklerosis. Tujuan penelitian ini adalah untuk mengetahui gambaran asupan lemak, serat, dan kadar kolesterol pada pegawai kantor di Inspektorat Provinsi Riau. Penelitian ini merupakan deskriptif observasional, menggunakan desain penelitian *cross sectional*. Sampel penelitian ini sebesar 50 orang. Sampel diambil menggunakan *purposive sampling*. Analisis data menggunakan teknik analisis univariat. Hasil penelitian menunjukkan bahwa sebagian besar responden (56,0%) memiliki kadar kolesterol total baik dan sebanyak (44,0%) memiliki kadar kolesterol total tinggi. (68,0%) asupan lemak responden berdasarkan distribusi frekuensi responden termasuk kategori lebih dan sebanyak (32,0%) termasuk kategori cukup. (92,0%) asupan serat responden berdasarkan distribusi frekuensi responden termasuk kategori kurang dan sebanyak (18,0%) termasuk kategori cukup.

Daftar Pustaka : 42 Referensi (2006-2021)

Kata Kunci : Asupan Lemak, Asupan Serat, Kadar Kolesterol Total

**MINISTRY OF HEALTH, REPUBLIK OF INDONESIA
HEALTH POLYTECHNIC OF THE RIAU
PROGRAM STUDY DIPLOMA III OF NUTRITION**

MEUTIA KHANSAH

**“AN OVERVIEW OF INTAKE OF FAT, FIBER, AND CHOLESTEROL
LEVELS IN OFFICE EMPLOYEES AT THE INSPECTORATE OF RIAU
PROVINCE:**

ABSTRACT

Total cholesterol levels in the blood greatly affect the formation of plaque on the walls of blood vessels. Cholesterol levels that exceed normal limits will trigger the process of atherosclerosis. The purpose of this study was to describe the intake of fat, fiber, and cholesterol levels in office employees at the Inspectorate of Riau Province. This research is descriptive observational, using a cross sectional research design. The sample of this research is 50 people. Samples were taken using purposive sampling. Data analysis used univariate analysis technique with frequency distribution table, namely fat intake and fiber intake variables. The results showed that most of the respondents (56.0%) had good total cholesterol levels and as many (44.0%) have high total cholesterol levels. Most (68.0%) of respondents' fat intake based on the frequency distribution of respondents belonged to the more category and as many (32.0%) were included in the sufficient category. Most of the respondents (92.0%) fiber intake based on the frequency distribution of the respondents belonged to the less category and as many as (18.0%) were included in the sufficient category.

Bibliography : 42 References (2006-2021)

Keywords : Fat Intake, Fiber Intake, Total Cholesterol Level