

The Relationship of Breakfast and Cardiometabolic Risk Factors of High School Students in Bengkulu City

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Abstract

Skipping breakfast has been reported to be associated with overall unhealthy behaviors, such as poor diet and lower than normal levels of physical activity. This study was an observational study with a cross-sectional design. Data processing and analysis were statistically processed using the chi-square test. The sample in this study were overweight high school students in Bengkulu City. The place of research was SMAN 01 Bengkulu and SMAN 10 Bengkulu. The data were collected by measuring with tools directly to the students of each school, the data measured were weight, height, WHR, blood pressure, blood glucose, blood cholesterol. The results demonstrated no correlation between breakfast consumption and blood sugar, waist-to-hip ratio (WHR), blood pressure, and cholesterol levels.

Keywords

Breakfast, Blood Sugar, Waist-to-hip Ratio (WHR), Blood Pressure, Cholesterol Levels