



SUPPLEMENT

Relationship of fiber consumption with obesity and gut health in students of SMAN 3 Kupang City

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Abstract

Background: Fiber is a necessity that must be met to help maintain digestive health and prevent obesity. The easiest sources of fiber are vegetables and fruits.

Objective: This study aims to determine the correlation of fiber consumption with obesity and gut health in students of SMAN 3 Kupang City.

Subjects: The population consisted of all students who were active at SMAN 3 and the sample taken was 94 students (class 10 amounted to 32, class 11 amounted to 31 and class 12 amounted to 31), based on Probability sampling technique namely stratified random sampling.

Methods: This type of research is analytic observational with cross sectional design. The research instrument used a questionnaire, assessment of gut health using the bristol stool chart. The statistical analysis performed was univariate and bivariate using Spearman's rho test ($p=0.05$).

Results: The results showed obesity with a weak and opposite correlation with fiber consumption in students of SMAN 3 Kupang City ($r = -0.055$). There was a significant correlation between fiber consumption and gut health in students of SMAN 3 Kupang ($r = -0.222$).

Conclusion: It is important to increase knowledge about the importance of fiber-containing foods in meeting the recommended daily fiber needs, and not to consume fiber in excess because it will have a negative effect because the process of fiber fractionation in the intestine has a limit.

Keywords: fiber, gut-health, obesity

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