

## ABSTRACT

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*Relationship of Nutritional Status with Uric Acid Levels In The Puskesmas Sosial Palembang*

### SKRIPSI

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**Background:** High uric acid levels are the cause of gout arthritis. Gout arthritis is a type of arthritis and had symptoms that excessive levels of uric acid. Risk factors of gout that excessive nutrient status and one indicator that the Body Mass Index (BMI) and Upper arm circumference (MUAC).

**Objective:** This study aimed to investigate the relationship between nutritional status (BMI and MUAC) premises uric acid levels in Puskesmas Sosial Palembang.

**Methods:** This research is a quantitative research of analytic survey with cross sectional design. This research is conducted in the working area of Puskesmas Sosial Palembang. Sampling using Snowball technique with 33 respondents. Analysis using Pearson statistical test.

**Results:** Distribution of gender were 21 respondents (63,6%), middle age was 25 respondents (75,8%), BMI overweight as many as 25 respondents (75,8%) and MUAC as many as 33 respondents (100%). Pearson statistical test showed p value 0,000 for BMI and p value 0,019 for MUAC ( $< 0,05$ ). There is relationship between nutritional status and uric acid levels In The Puskesmas Sosial Palembang.

**Suggestion:** People who are overweight are encouraged to lose weight to prevent excessive over acidity.

**Keywords:** Nutritional status, uric acid status, BMI, MUAC