

Abstract

Adolescence is the most critical periods of life, since there are dramatic changes in both physiological and psychological aspects that will affect the future life. Nutritional status, physical activity, and physical fitness are the factors that influence the healthy lifestyles of adolescents. The objective of this study was to assess the nutritional status, physical activity, and physical fitness and their relationship among adolescents at At-Taubah school. Nutritional status was assessed by anthropometry, which the categorized based on BMI-for-age z-score (BAZ). Physical activity level was determined using PAQ-C. Physical fitness was assessed using two tests which were 50-m sprint and sit and reach. Result showed that 26.1% of the students were overweight/obesity. The physical activity level of the students was low (63.1%). About 58.3% and 25% students failed the 50-m sprint test and sit and reach test, respectively. There were no association between nutritional status, physical activity, and physical fitness. It is recommended that the students need to maintain their nutritional status, improve their physical activity level and physical performance to prevent the development of NCDs in future life.

Keywords: adolescent, nutritional status, physical activity, physical fitness, NCD.