

ABSTRACT

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***RELATIONSHIP BETWEEN OBESITY STATUS AND PHYSICAL ACTIVITY
WITH BLOOD SUGAR LEVELS IN PRODUCTIVE AGE***

High blood sugar levels are a biomarker of metabolic syndrome that can lead to degenerative diseases. Blood sugar levels can be influenced by various factors, including obesity status and physical activity. The purpose of this study was to analyze the relationship between obesity status and physical activity with blood sugar levels in productive age at Puskesmas Mangkubumi Tasikmalaya City in 2024. The research method used in this study was observational analytic with a cross sectional approach. Determination of subjects was carried out by purposive sampling (selection of research locations) and proportionate random sampling (selection of subjects) as many as 125 people of productive age (15-64 years) in Mangkubumi Village, Karikil Village, and Cipari Village. Obesity status data was collected using a digital stepping scale (body weight) and stadiometer (height). Physical activity data were collected using the Global Physical Activity Questionnaire (GPAQ). Data collection on blood sugar levels (Fasting Blood Sugar/GDP) was carried out using a glucometer. The data analysis technique used was the Chi-Square Test. The results showed that there was a relationship between obesity status and physical activity with fasting blood sugar levels ($p=0.000$). After completing the study, subjects are expected to monitor blood sugar levels, as well as pay attention to their weight and physical activity as an effort to maintain a healthy body.

Keywords: *Blood Sugar Level, Obesity Status, Physical Activity*