



**HUBUNGAN ANTARA ASUPAN KALSIUM, ASUPAN VITAMIN D, DAN
STATUS GIZI DENGAN RISIKO OSTEOPOROSIS PADA WANITA
PASCAMENOPAUSE DI WILAYAH KERJA PUSKESMAS
BELIMBING, KOTA PADANG TAHUN 2026**

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**DIAJUKAN SEBAGAI SALAH SATU SYARAT MENDAPATKAN GELAR
SARJANA GIZI**

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

PADANG, 2026

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DENGAN RISIKO OSTEOPOROSIS PADA WANITA PASCAMENOPAUSE DI
WILAYAH KERJA PUSKESMAS BELIMBING KOTA PADANG TAHUN 2026**

xi + 80 halaman, 12 tabel, 4 gambar, 13 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui hubungan asupan kalsium, asupan vitamin D, dan status gizi dengan risiko osteoporosis pada wanita pascamenopause di Wilayah Kerja Puskesmas Belimbing Kota Padang Tahun 2026.

Metode

Penelitian ini menggunakan desain *cross sectional* dengan jumlah sampel sebanyak 130 wanita pascamenopause yang diambil menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), pengukuran antropometri, dan instrumen *Osteoporosis Index of Risk* (OSIRIS). Data dianalisis secara univariat dan bivariat menggunakan uji *Fisher's Exact Test* dan *Pearson Chi-Square*.

Hasil

Hasil penelitian menunjukkan sebagian besar responden memiliki asupan kalsium kategori kurang (79,2%), asupan vitamin D kategori kurang (85%), dan status gizi kategori IMT lebih (51,5%). Sebanyak 52,3% responden berada pada kategori risiko osteoporosis tinggi. Hasil uji statistik menunjukkan terdapat hubungan antara asupan kalsium ($p < 0,001$), asupan vitamin D ($p = 0,028$), dan status gizi ($p < 0,001$) dengan risiko osteoporosis.

Kesimpulan

Asupan kalsium, asupan vitamin D, dan status gizi merupakan faktor yang memiliki keterkaitan dengan risiko osteoporosis pada wanita pascamenopause di Wilayah Kerja Puskesmas Belimbing Kota Padang tahun 2026.

Daftar Pustaka : 77 (2002-2026)

Kata Kunci : Kalsium, risiko osteoporosis, status gizi, vitamin D, wanita pascamenopause

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN CALCIUM INTAKE, VITAMIN D INTAKE,
AND NUTRITIONAL STATUS WITH THE RISK OF OSTEOPOROSIS IN
POSTMENOPAUSAL WOMEN IN THE WORKING AREA OF THE
BELIMBING HEALTH CENTER IN PADANG CITY IN 2026**

xi + 80 pages, 12 tables, 4 pictures, 13 appendices

ABSTRACT

Purpose

This study aimed to examine the association between calcium intake, vitamin D intake, and nutritional status with the risk of osteoporosis in postmenopausal women in the Working Area of the Belimbing Health Center, Padang City in 2026.

Method

This study used a cross sectional design with a sample of 130 postmenopausal women taken using purposive sampling techniques. Data were collected using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), anthropometric measurements, and the Osteoporosis Index of Risk (OSIRIS) instrument. Data were analyzed using univariate and bivariate using Fisher's Exact Test and Pearson Chi-Square tests.

Results

The results showed that most of the respondents had a low calcium intake (79.2%), low vitamin D intake (85%), and overweight BMI category (51.5%). As many as 52.3% of respondents were in the high risk category of osteoporosis. The results of the statistical test showed that there was a significant association between calcium intake ($p < 0.001$), vitamin D intake ($p = 0.028$), and nutritional status ($p < 0.001$) with the risk of osteoporosis.

Conclusion

Calcium intake, vitamin D intake, and nutritional status are factors that are related to the risk of osteoporosis in postmenopausal women in the Padang City Belimbing Health Center Working Area in 2026.

Bibliography : 77 (2002-2026)

Keywords : Calcium, nutritional status, postmenopausal women, risk of osteoporosis, vitamin D