**Basal Calorie Requirement (KKB), Belly Fat And Cell Age on Body Mass Index (BMI) in Early Detection Of Adolescent Stunting**

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**ABSTRACT**

Adolescent nutritional status can be calculated based on Body Mass Index (BMI). Riskesdas 2018 data shows that 25.7% of adolescents aged 13-15 years and 26.9% of adolescents aged 16-18 years with short and very short nutritional status. In addition, there are 8.7% of adolescents aged 13-15 years and 8.1% of adolescents aged 16-18 years with thin and very thin conditions. Consumption of poor food in adolescents can cause an imbalance between energy intake and output which can lead to stunting. This study aims to determine the description of Body Mass Index (BMI) and its relationship to Basal Calorie Requirement (KKB), Belly Fat and Cell Age in the adolescent group using the Bioimpedency Analysis (BIA) tool. This research design uses a quantitative descriptive approach. The quantitative approach will use a cross sectional design which will measure BMI, KKB, belly fat and cell age at the same time. The research sample is the early teens of RT 02 RW 01 Kudaile Village with a total of 44 respondents. Data analysis was carried out using SPSS while the tests carried out were Chi Square and T Test so that they could determine the relationship between BMI and KKB, BMI with belly fat and BMI with cell age. The results of the study based on Body Mass Index (BMI) were 59.09% in the normal category while 22.73% were overweight and 18.18% were underweight, the average KKB of the respondents was 1197.64 kcal and 70.45% had normal belly fat. and 29.55% had abnormal belly fat, 79.55% had younger cell ages and 20.45% had cells older than their chronological age. Underweight adolescents with cell age older than their chronological age can be detected to implement changes in behavior and healthy lifestyles.

*Keywords: Bmi; Kkb; Belly Fat And Cell Age*