

**Healthy University Rating System (HURS)**  
**Universitas Indonesia**  
**Fakultas Ilmu Sosial dan Ilmu Politik (FISIP)**

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**Indicator : Health promotion areas (HP)**

**Sub-Indicator : HP 5. Healthy diet and balanced nutrition**

**HP 5.1 Healthy diet program**

A healthy lifestyle is important for everyone to pay attention to. Implementing healthy lifestyle behaviors should start as early as possible. Diet needs to be maintained by means of a healthy diet so that nutritional intake can be optimal. A healthy diet helps protect a person from the risk of malnutrition, as well as non-communicable diseases (NCDs) such as diabetes, heart disease, stroke and cancer, according to the World Health Organization (WHO). The definition of a balanced healthy diet according to the Indonesian government's Ministry of Health is a pattern of consumption of foods that contain nutrients in the type and amount according to the body's needs. The nutrients needed for a healthy diet are carbohydrates, proteins, fats, vitamins, and minerals. Usually Indonesians call it "4 Healthy 5 Perfect".

The needs of the Indonesian people for energy and nutrients usually depend on age, gender, weight and height, climate, and daily physical activity. According to the Directorate of Prevention and Control of Non-Communicable Diseases (P2PTM), there are three groups of physical activity, namely: Light activities, such as reading (10%), driving (10%), and walking (20%). Moderate activity namely, sweeping (20%), brisk walking (20%), and cycling (30%). Vigorous activities include aerobics (40%), hiking (40%) and jogging (40%). In order to support the implementation of a healthy diet, the government officially regulates it in Regulation of the Minister of Health Number 41 of 2014 concerning Guidelines for Balanced Nutrition. The regulation functions to improve the quality of human resources through efforts to improve and implement balanced nutrition. A healthy diet means doing good things for your physical and mental health. This includes eating healthy foods, physical activity, and much more. WHO has released guidelines for a healthy diet that is safe to apply.

The application of a healthy diet at FISIP UI includes the following things that are suggested to the campus community to do so that the body remains healthy and can increase work effectiveness and work productivity.

1. Eat healthy food A healthy diet means eating a combination of different foods, including staple foods, fruit,
2. Reduce consumption of salt and sugar Normal consumption of salt and sugar is recommended for a healthy diet.
3. Drink lots of water Not only consuming food, consuming water in a healthy diet is also important because water is important for the body to work properly.

4. Reduce consumption of fatty foods because fatty foods are not suitable for a healthy diet if consumed in excess
5. Don't smoke When you have a healthy diet because smoking harms every organ in the body and causes various health problems.
6. Increase physical activity because physical activity is also important in implementing a healthy diet.
7. Enough sleep is also part of a healthy diet. Sleep activity is an essential function so that the body and mind can rest. Healthy sleep also helps the body stay healthy and prevent disease.
8. Eat slowly when Consuming food to optimize food while on a diet, which can be beneficial for improving digestion, helping the body absorb nutrients better, making the body calmer and more controlled, and reducing stress levels.
9. Set a diet In carrying out a healthy diet, consuming a healthy breakfast with moderate portions can increase metabolism. Furthermore, for lunch and dinner can be done in small portions so that energy throughout the day can be maintained.

FISIP UI institutional policies regarding matters related to healthy diets include issuing faculty policies in the form of campus life rules and facilitating physical facilities in the form of healthy canteen facilities and several sports and fitness facilities as we will mention.

1. Teaches courses on health and balance, discussions, seminars or practices related to healthy living,
2. Facilitate a healthy canteen,
3. Facilitating sports fields,
4. Facilitate a clean and healthy environment.



