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NPP : 1305864
NIDN : 0721118005
Tempat, tanggal lahir : Jakarta, 21 November 1980
Jurusan/Program Studi : S1 Ilmu Kesehatan Masyarakat
Unit Kerja : Fakultas Kesehatan
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Surabaya, 16 April 2018
Rektor UNUSA

Prof. Dr. Ir. Achmad Jazidie, M. Eng
no 1

by Novera Vera
Abstract

Body Mass Index (BMI) is a measure of body fat based on height. BMI is a measurement of body weight based on height and weight. Although BMI does not actually "measure" the percentage of body fat, it is a useful tool to estimate a healthy body weight based on height. Due to its ease of measurement and calculation, it is the most widely used diagnostic indicator to identify a person's optimal weight depending on his height. BMI "number" will inform someone if they were underweight, normal weight, overweight, or obese. However, due to the wide variety of body types, the distribution of muscle and bone mass, etc., it is not appropriate to use this as the only or final indication for diagnosis. Ideal Weight Application (IWA) is a BMI Application which can make someone to know their body fat easier. IWA Apps is application based on Adobe Flash which can run in Personal Computer. The purpose of this application is to help someone being success in their diet program.

Keywords: Body Mass Index (BMI), Height, Weight, Body fat

INTRODUCTION

Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual. BMI is used as a screening tool to indicate whether a person is underweight, overweight, obese or a healthy weight for their height. If a person's BMI is out of the healthy BMI range, their health risks may increase significantly. BMI values are age-independent and the same for both sexes. However, BMI may not correspond to the same degree of fatness in different populations due to different body proportions. BMI is one type of tool to help health professionals assess the risk for chronic disease. It is also important to understand other risk factors.

BMI calculation has been done online and also manually. Creation of BMI applications that can not be run online can also be created using various existing applications. In this research, BMI calculations were based on adobe Flash. Ideal Weight Apps (IWA) is a BMI calculation application that enables users to know their weight category according to the WHO criteria. This application is easy to use because it does not require internet connection and installation to Personal Computer (PC). It's just by copying the file and run it on the PC.
METHO

DS

BMI is not accurate enough to be used as a diagnostic tool. However, it is used as a screening tool to identify potential weight problems in adults.

A person may have a high BMI, yet to determine if this excess weight is a health risk, a health care provider would need to complete further assessments such as:

- Skinfold thickness measurements
- Evaluations of diet
- Physical activity
- Family history
- Other appropriate health screenings.

The calculation of BMI is based on the following formulas:

DISCUSSION

This application is named Ideal Weight application (IWA). Here's the interface on this application. The interface consists of 3 views. Namely the initial menu, the main menu and close menu. Here is the screenshot of the display of the application.

Figure 1. Initial Menu

The action script used in the GO button is as follows:

```javascript
on(release){
    bmi = number(bb)/number((tb*tb));
    if (bmi<18.5){
```

--- 546 ---
In the Close button, the action script given are:

```javascript
on (press, keyPress "<PageDown>") {
    fscommand("quit","true");
}
```

This application has been tested on social events organized by Nahdlatul Ulama University Surabaya in Wonokromo Surabaya community. The use of IWa feels very beneficial because the community finally find out whether they are categorized as having normal, underweight, overweight or obesity.

In the Reset button, the action script given are:

```javascript
on (release) {

}
```
CONCLUSION
1. IWA is easy to use because it does not require internet connection and installation to personal computer (PC).
2. IWA is a screening tool to identify potential weight problems in adults.

References:


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