

## ABSTRACT

**Background:** Based on Riskesdas (2018), the proportion of overweight and obesity in adults (> 18 years) in 2007-2018 has increased, in 2018 the figure reached 21.8%, while in East Java in 2018 the figure was above the national average (21.8%) is 22.37%. In the Cerdasari (2019) it was found that female students of the Malang Ministry of Health Polytechnic of the Ministry of Health who had an overweight nutritional status had a rate of 20%, higher than female students who had underweight nutritional status. According to Kemenkes (2018), the factors that cause obesity and overweight are genetic, environmental (diet and physical activity) factors, drug and hormonal factors. One of the sophistications of today's technology is an online food delivery service that makes it easier for users to buy food without coming straight to a stall/restaurant. According to Cahya (2019), students make up the majority of food delivery service users. The use of online food delivery services can affect lifestyle including eating patterns and have an impact on nutritional status (Nurhayati et al. (2021), Harahap et al. (2020)). Pocket money is also one of the factors that influence student consumption expenses, including buying the food they will consume (Kurniawan & Widyaningsih, 2017).

**Objective :** To know the relationship between the use of online food delivery applications, the student allowance, and physical activity with the nutritional status of students of the Nutrition Department of the Health Ministry of Health Malang Polytechnic. **Design :** This type of research is analytic research with a cross sectional design with 35 student respondents taken using a purposive sampling technique. Data collection was carried out by anthropometric measurements (BB and TB) to determine the nutritional status of students then filled out a questionnaire using the online food delivery application, amount of pocket money, and physical activity. The data obtained were analyzed using the Fisher-exact test to determine the relationship between variables. **Results:** There is no relationship between the use of online food delivery applications and nutritional status with p-value = 0.608, there is no relationship between the amount of pocket money and the nutritional status of students with p-value = 1.000, and there is no relationship between physical activity and nutritional status of students with p-value = 0.727. **Conclusions :** There is no relationship between the use of online food delivery applications, the amount of pocket money, and physical activity with the nutritional status of students of the Nutrition Department of the Health Ministry's Polytechnic of Malang.