

**LEMBAR**  
**HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW**  
**KARYA ILMIAH : JURNAL ILMIAH**

Judul Artikel Ilmiah : The effect of processed Tempeh gembus to high sensitivity c-reactive protein (hsCRP) and high-density lipoprotein (HDL) levels in women with obesity

Penulis Artikel Ilmiah : Desti Ambar Wati, Fika Shafiana Nadia, Muflihah Isnawati, Mohammad Sulchan, Diana Nur Afifah

Status Pengusul : Penulis pertama/penulis anggota/penulis korespondensi

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- a. Nama Jurnal : Potravinarstvo Slovak Journal of Food Sciences
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- c. Edisi (bulan/tahun) : Januari/2020
- d. Penerbit : Association HACCP Consulting, Slivkova 12, 951 01
- e. Jumlah halaman : 8
- f. DOI artikel (Jika ada) : <https://doi.org/10.5219/1236>
- g. Alamat web Jurnal : <https://www.potravinarstvo.com/journal1/index.php/potravinarstvo/>
- h. Terindeks di : SCOPUS (Q3)

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Kecukupan & Kemutakhiran Data & Metodologi	: Penelitian intervensi dilakukan di lembaga masyarakat wanita untuk mengontrol asupan
Kelengkapan Unsur dan Kualitas Penerbit	: Terbitan lengkap memuat vol, no, tahun dan daftar isi

Semarang, 10 Februari 2020  
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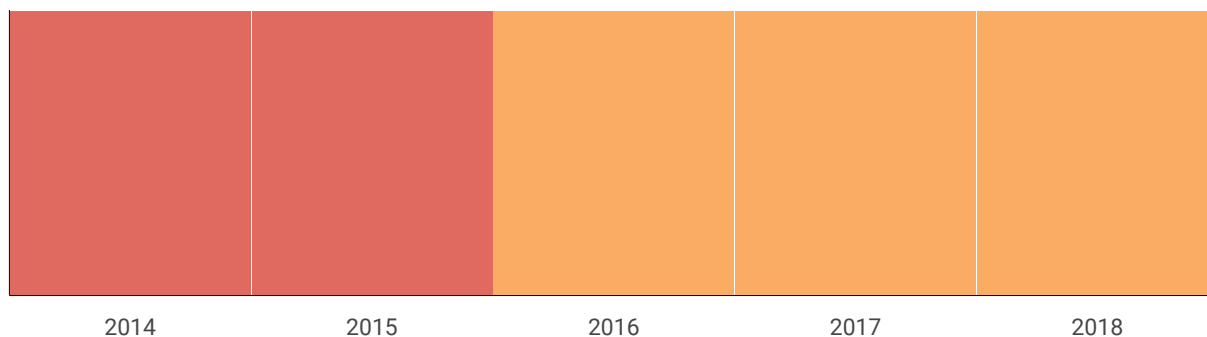
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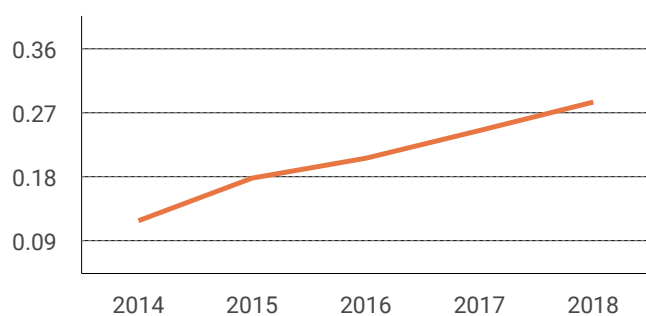
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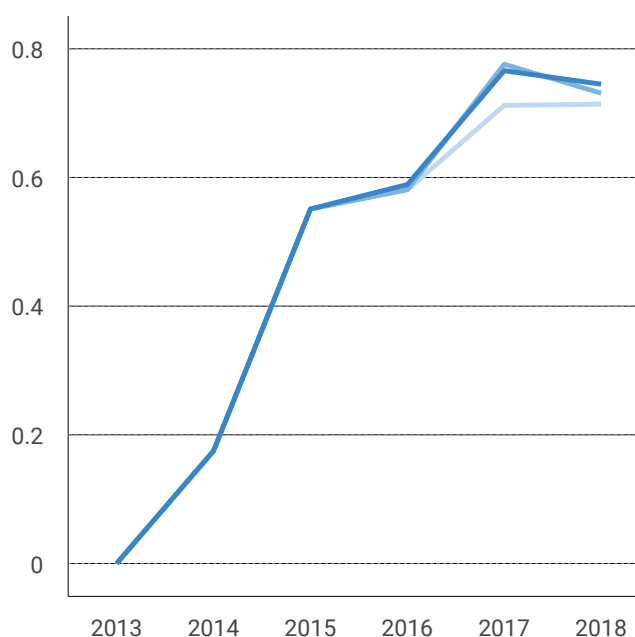
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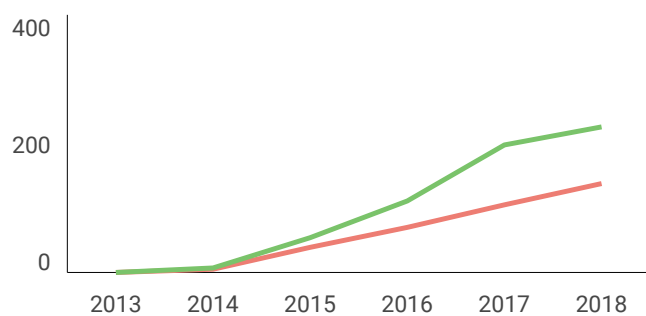
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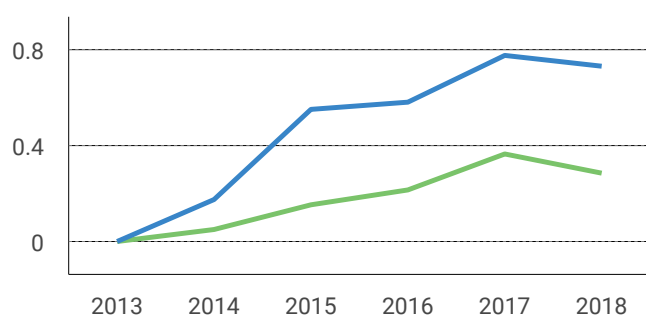


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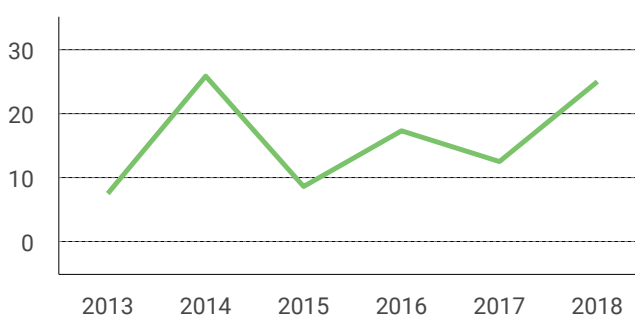


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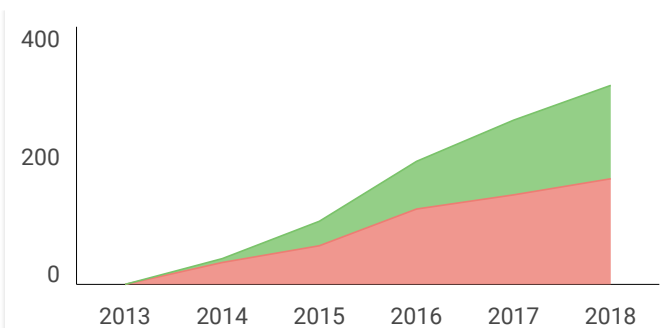
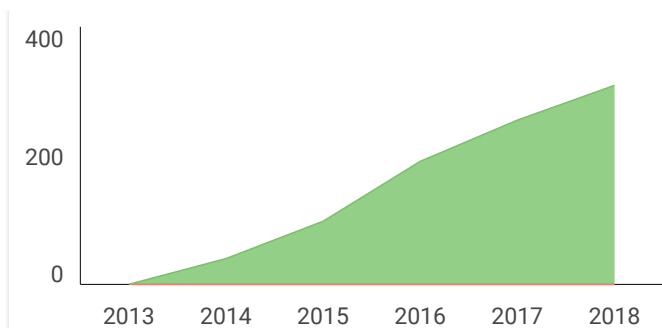


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## The effect of processed Tempeh gembus to high sensitivity c-reactive protein (hsCRP) and high-density lipoprotein (HDL) levels in women with obesity

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**DOI:** <https://doi.org/10.5219/1236>**Keywords:** Tempeh gembus, hsCRP, HDL, women, obesity

## **ABSTRACT**

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Obesity causes chronic inflammatory reaction is characterized by elevated levels of high sensitivity c-reactive protein (hsCRP). HsCRP and HDL could be used as an early marker of cardiovascular disease risk. *Tempeh gembus* contain fiber, unsaturated fatty acids and antioxidants, which can reduce the inflammatory reaction. This study determines the effect of processed *Tempeh gembus* on hsCRP and HDL in obese women. This study included in experimental studies with randomized post-test only control group design involving 40 obese women aged 20 – 50 years. Subjects were randomized into two groups: a control group was given a standard diet low in calories 30 calories/kg body weight, and the treatment group was given a standard diet low in calories 30 calories/kg body weight and *Tempeh gembus* for 28 days. hsCRP and HDL levels were measured before and after the intervention, food intake was measured by using a 3 x 24-hour recall and physical activity (IPAQ form). HsCRP levels were measured using the ELISA method, whereas HDL levels were measured using the CHOD-PAP method. Wilcoxon test (hsCRP levels) and paired *t*-test (HDL levels) used to test differences before and after intervention each group. Mann Whitney test (hsCRP levels) and independent sample test (HDL levels) used to test differences before and after intervention between groups. There are differences in hsCRP levels before and after the intervention in the control group ( $p = 0.00$ ) and the treatment group ( $p = 0.00$ ). There are differences in HDL levels before and after the intervention in the control group ( $p = 0.00$ ) and the treatment group ( $p = 0.00$ ). There are differences in the decrease hsCRP levels between the two groups ( $p = 0.00$ ). There are differences in the increase in HDL levels between the two groups ( $p = 0.03$ ). *Tempeh gembus* 150 grams/day can decrease hsCRP levels and increase HDL levels in women with obesity.

## **REFERENCES**

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Afifah, D. N., Nabilah, N., Supraba, G. T., Pratiwi, S. N., Nuryanto, Sulchan, M. 2019a. The Effects of Tempeh Gembus, an Indonesian Fermented Food, on Lipid Profiles in Women with Hyperlipidemia. *Current Nutrition and Food Science*, vol. 15, no. 7, p. 1-9.  
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## The effect of processed tempeh gembus to high sensitivity c-reactive protein (hsCRP) and high-density lipoprotein (HDL) levels in women with obesity (Article) **(Open Access)**

Wati, D.A.<sup>a</sup> ✉, Nadia, F.S.<sup>a</sup> ✉, Isnawati, M.<sup>b</sup> ✉, Sulchan, M.<sup>a</sup> ✉, Afifah, D.N.<sup>c</sup> ✉

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### Abstract

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Obesity causes chronic inflammatory reaction is characterized by elevated levels of high sensitivity c-reactive protein (hsCRP). HsCRP and HDL could be used as an early marker of cardiovascular disease risk. Tempeh gembus contain fiber, unsaturated fatty acids and antioxidants, which can reduce the inflammatory reaction. This study determines the effect of processed Tempeh gembus on hsCRP and HDL in obese women. This study included in experimental studies with randomized post-test only control group design involving 40 obese women aged 20-50 years. Subjects were randomized into two groups: a control group was given a standard diet low in calories 30 calories/kg body weight, and the treatment group was given a standard diet low in calories 30 calories/kg body weight and Tempeh gembus for 28 days. hsCRP and HDL levels were measured before and after the intervention, food intake was measured by using a 3 × 24-hour recall and physical activity (IPAQ form). HsCRP levels were measured using the ELISA method, whereas HDL levels were measured using the CHOD-PAP method. Wilcoxon test (hsCRP levels) and paired t-test (HDL levels) used to test differences before and after intervention each group. Mann Whitney test (hsCRP levels) and independent sample test (HDL levels) used to test differences before and after intervention between groups. There are differences in hsCRP levels before and after the intervention in the control group ( $p = 0.00$ ) and the treatment group ( $p = 0.00$ ). There are differences in HDL levels before and after the intervention in the control group ( $p = 0.00$ ) and the treatment group ( $p = 0.00$ ). There are differences in the decrease hsCRP levels between the two groups ( $p = 0.00$ ). There are differences in the increase in HDL levels between the two groups ( $p = 0.03$ ). Tempeh gembus 150 grams/day can decrease hsCRP levels and increase HDL levels in women with obesity. © 2020 Potravinarstvo Slovak Journal of Food Sciences.

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### Author keywords

HDL HsCRP Obesity Tempeh gembus Women

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