Serum folate levels among healthy infants aged 6-8 months: relation to infants' nutritional status indicators and maternal knowledge-attitude-practice

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Abstrak

Latar belakang: Defisiensi vitamin B12dan asam folat dapat menyebabkan anemia yang selanjutnya dapat mempengaruhi tumbuh kembang anak. Penelitian ini bertujuan untuk mengetahui kadar folat serum bayi usia 6-8 bulan dan korelasinya terhadap indikator status gizi bayi dan pengetahuan-sikap-perilaku ibu tentang pola makan bayi.
Metode: Rancangan penelitian potong lintang dilakukan pada 55 bayi usia 6-8 bulan yang memenuhi kriteria penelitian dan ibunya sebagai responden. Data yang dikumpulkan meliputi usia, jenis kelamin, panjang badan, berat badan, asupan kalori, protein dan folat (menggunakan metoda food frequency questionnaire semiâ??kuantitatif dan recall 24 jam), sedangkan pada responden meliputi usia, tingkat pendidikan, penghasilan keluarga, status bekerja dan pengetahuan, sikap, perilaku terkait pemberian makan bayi (ASI dan MPASI).
Hasil: Penelitian ini mendapatkan median kadar folat serum adalah 43,05 nmol/L dengan kadar terendah 19,92 nmol/L dan kadar tertinggi 104,24 nmol/L. Diantara faktor-faktor terkait yang diteliti, didapatkan korelasi positif bermakna antara kadar folat serum dengan asupan protein dan asupan folat.
Kesimpulan: Disarankan agar bayi sejak usia 6 bulan mendapatkan makanan pendamping ASI yang kaya akan protein folat sehingga diharapkan dapat mempertahankan kadar normal folat serum. (Med J Indones 2011; 20:138-42).
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Abstract
Background: Vitamin B12 and folate defi ciency can cause anemia which may lead growth and development impairments. This study was aimed to determine serum folate levels among infants aged 6-8 months and the relation to infants' nutritional indicators and maternal knowledge-attitude-practice about infant feeding.
Methods: A cross sectional design was implemented in infants aged 6â??8 months and their mothers as respondents who met the study criteria. Data collected among the infants included sex, age, length, weight, intake of energy, protein and folate (based on a one month semi quantitative FFQ and a 24â??hour food recall), serum folate and hemoglobin levels. Data collected among the mothers included age, education level, income based on average minimum monthly wage, knowledge, attitude and behavior concerning infants feeding, i.e. breast milk and complementary feeding practices.
Results: This study found that the median of serum folate levels was 43.05 nmol/L with values ranging from 19.92 nmol/L to 104.24 nmol/L. Serum folate level had a strong positive correlation with its related factors, protein and folate intake.
Conclusions: Protein-folate-rich complementay food should be provided to infants aged 6 months and over to maintain serum folate level. (Med J Indones 2011; 20:138-42).