Status gizi Anak Sekolah Usia 7-9 Tahun di Daerah Miskin Perkotaan Jakarta Setelah Penghentian Suplementasi Susu Fortiflkasi = Nutritional status 3 Montha after milk supplementation of undernourished School children aged 7-9 Years, in Poor Urban Jakarta.

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Abstrak

Prevalensi kurang gizi baik makro maupun mikro pada anak sekolah cukup tinggi. Hal ini akan berdampak buruk terhadap kemampuan belajar dan prestasi di sekolah, daya tahan tubuh, pertumbuhan dan berkurangnya nafsu makan (Soemantri, 1985; Chwang et al. 1988, Lawless, 1994, Soekarjo, 2001). Karenanya, masalah ini harus ditangani dengan baik. Salah satu upaya yang depat dilakukan adalah dengan memberikan suplementasi susu yang difortifikasi besi dan seng.

Penelitian ini bertujuan untuk mengetahui apakah efek suplementasi susu 2 kali sehari selama 6 bulan, dapat memperbaiki status gizi pada pengukuran 3 bulan setelah suplementasi dihentikan.

Rancangan penelitian ini adalah longitudinal, prospektif observational study selama 3 bulan, yang dilakukan kepada anak berusia 7-9 tahun di daerah miskin perkotaan Jakarta. Penelitian ini dilaksanakan mulai Bulan Februari hingga Mei 2008, di 5 SDN di kelurahan Balimester dan Kampung Melayu, Kecamatan Jatinegara, Jakarta Timur.

Jumlah sampel sebanyak 209 anak, dimana 107 orang anak selama 6 bulan mendapatkan suplementasi susu yang difortifikasi besi dan seng (kelompok susu fortitikasi) dan 102 orang mendepatkan susu non fortili.kasi (kelompok susu non fortitikasi). Pengukuran antropometri, asupan makanan dan karakteristik subject dilakukan 3 bulan setelah suplementasi dihentikan.

Hasil analisis bivariat menunjukkan, terdapat hubungan bermakna antara status gizi pade 0 bulan, status gizi pade 6 bulan, asupan protein, jumlah anak, penghasilan orang tua dan tingkat pendidikan ibu terhadap status gizi pada saat 3 bulan setelah suplemenlasi dihentikan.

Pemberian suplementasi susu, baik yang difortifikasi besi dan seng maupun tanpa fortikfikasi, 2 kali sehari selama 6 bulan dapat meningkatkan status gizi pada pengukuran 3 bulan setelah suplementasi dihentikan. Juga tidak terjadi perubahan status gizi antara pengukuran diakhir suplamentasi dengan 3 bulan setelahnya. Status gizi anak sangat ditentukan oleh asupan hariannya. Asupan harian anak pada penelitian ini sebagian besar kurang dari 80% AKG, sehingga mereka sangat berisiko kekurangan gizi baik makro maupun mikro. Usaha-usaha yang telah dilakukan oleh pemerintah antara lain memberikan suplemenlasi zat gizi, pemberian makanan tambahan anak sekolah (PMTAS) perlu dilanjutkan. Pembarian susu yang difortifikasi zat gizi dapat dijadikan satu alternatif pilihan.

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Prevalence of micro and macronutrient deficiency are quite high in school-age children. It can make detrimental effects on learning ability, school performance, resistance to disease, physical growth and appetite (Soemantri, 1985; Chwang et al. 1988, Lawless, 1994, Soekarjo, 2001). Therefore, the problem should be bendled seriously. Iron and zinc fortified milk supplementation is one alternative to improve nutritional status.

This study aimed to evaluate the effect of a six months iron, zinc fortified milk which had been given twice

a day to undernourished children aged 7-9 years in poor urban area of Jakarta, on their nutrient intake, anthropometry indices and nutritional status after 3 months supplementation begin stopped.
Design of this study is observational, prospective kohort. The study had been lasted 3 months, February to May 2008 in 5 Primary Schools. Two hundred and nine subjects who participated in previous study were observed and measured their nutritional status, anthropometry indices and socio-economic characteristic. A hundred and seven subjects received iron-zinc fortified milk and a hundred and two subjects received regular milk for 6 months.
Iron and zinc fortified or non fortified milk supplementation, twice a day for 6 months, improve nutritional status, anthropometry indices when measured 3 months after supplementation or the effect of nutritional status improvement still has been maintained when measured 3 months later.
Bivariat analysis results had been shown, there was a signilicant relationship between nutritional status before and after supplementation on nutritional status next 3 months. Also there was found and significant result on protein intake, number of child, parent revenue and mother educational level on nutritional status 3 months after supplementation.
Nutritional status of children will be related to their daily nutrient intake. After the milk supplementation was stopped, their daily food intake becoming decrease. Their dally nutrient intake mostly less than 80 % RDA and make them have high risk of macro-micro nutrient deficiency. Some efforts have been done by govermnent such as micronutrient supplementation, complementary food for school children, suppose to be continued. Another alternative has been offered by this study result was giving fortified milk supplementation.