

Prevalens alergi makanan pada anak usia kurang dari 3 tahun di Jakarta berbasis survei dalam jaringan online = Prevalence of child food allergy in children less than 3 years old in Jakarta based on online survey / Meida Tanukusumah

Meida Tanukusumah, author

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Abstrak

ABSTRACT

Latar belakang. Prevalens alergi makanan meningkat dalam dekade terakhir, namun belum ada data prevalens alergi makanan di Indonesia. Alergi makanan paling banyak ditemukan pada anak berusia kurang dari 3 tahun. Perolehan data prevalens dapat dilakukan dengan survei berbasis web yang memiliki hasil sebaik survei langsung.

Tujuan. Mengetahui prevalens alergi makanan pada anak usia kurang dari 3 tahun di Jakarta berbasis survei dalam jaringan (daring). Mengetahui angka penegakan diagnosis alergi makanan dari terduga alergi makanan, manifestasi klinis keluhan orangtua yang menandakan anaknya alergi makanan, jenis makanan penyebab, dan sebaran alergi makanan berdasarkan gambaran pemberian makan dan kejadian alergi keluarga.

Metode. Studi ini adalah deskriptif potong lintang menggunakan survei daring selama Januari 2011-Oktober 2013. Orangtua anak usia <3 tahun di Jakarta yang mampu mengakses internet dengan keluhan kecurigaan alergi makanan pada anaknya, melakukan log masuk di www.alergianakku.com. Kuesioner daring yang terisi kemudian diseleksi sesuai inklusi. Konfirmasi diagnosis didapatkan dengan menanyakan ulang informasi alergi, termasuk melalui pemanggilan dan pemeriksaan langsung.

Hasil. Sebanyak 286 subjek yang memenuhi kriteria inklusi; terdapat 100 subjek (35%) dengan terduga alergi makanan dan 30 subjek dari 100 subjek ditetapkan memiliki alergi makanan. Karakteristik subjek adalah mayoritas lelaki (60%) dan kelompok usia >12-36 bulan (48%). Pada kelompok alergi makanan, usia terbanyak >6-12 bulan (11/30). Gejala alergi makanan tersering adalah reaksi kulit (26/30). Makanan penyebab alergi tersering adalah susu sapi. Mayoritas subjek dengan alergi makanan mendapatkan ASI hingga usia 12 bulan (13/30); ASI eksklusif diberikan <6 bulan (23/30), dan makanan pendamping diberikan saat usia 2-4 bulan (13/30). Riwayat alergi pada keluarga (27/30) tersering adalah asma (12/30) dengan hubungan keluarga tersering ibu kandung (15/30).

Simpulan. Prevalens alergi makanan pada anak usia kurang dari 3 tahun di Jakarta berbasis survei daring adalah 10,5%. Diagnosis alergi makanan dari terduga alergi makanan adalah 30%. Keluhan tersering yang menandakan alergi makanan adalah reaksi kulit. Jenis makanan tersering penyebab alergi adalah susu sapi. Mayoritas subjek dengan alergi makanan mendapatkan ASI hingga usia 12 bulan, ASI eksklusif diberikan kurang dari 6 bulan, diberikan makanan pendamping dini, dan sebagian besar memiliki riwayat alergi keluarga dengan hubungan tersering ibu kandung dan penyakit alergi keluarga tersering adalah asma.

ABSTRACT

Background. Prevalence of food allergy is increasing in last decade; however there is no data from Indonesia yet. Food allergy is mostly found in children below 3 years of age. Web-based surveys can be used for obtaining prevalence data as well as direct surveys.

Objectives. To know the prevalence of food allergy in children less than 3 years old in Jakarta based on online survey. To know the confirmed food allergy diagnosis from suspected food allergy, clinical manifestation of childhood food allergy based on the parent's complaint, food etiology, and food allergy distribution based on feeding model and family allergic history.

Methods. A cross-sectional descriptive study with online survey during January 2011-October 2013.

Parents, who have children <3 years old in Jakarta with suspected food allergy complaint and have access to internet, log in to www.alergianakku.com. The filled online questionnaire was selected by inclusion criteria. Confirmation of diagnosis was made by convincing allergic history, asking the subject to come and by direct examination.

Results. Total 286 subjects fulfilled the inclusion criteria; 100 subjects (35%) were suspected food allergy, and 30 out of 100 were diagnosed food allergy. The majority characteristics of subjects were male (60%) and >12-36 months age group (48%). The majority of food allergy subjects were >6-12 months age group (11/30). The most frequent food allergy symptom was skin reaction (26/30). The most frequent food etiology was cow's milk. The food allergy subjects were breastfed until the age of 12 months (13/30); were given exclusive breastfeeding less than 6 months (23/30) and complementary food at age 2-4 months (13/30). Most of them had family allergic history (27/30), with asthma (12/30) as the most frequent disease, and the most frequent relationship was mother (15/30).

Conclusions. Prevalence of food allergy in children less than 3 years old in Jakarta based on online survey is 10.5%. The confirmed food allergy diagnosis from suspected food allergy is 30%. The most frequent clinical manifestation of childhood food allergy is skin reaction. The most frequent food etiology is cow's milk. The food allergy subjects were breastfed until the age of 12 months; were given exclusive breastfeeding less than 6 months and complementary food at age 2-4 months. Most of them have family allergic history, the disease is asthma, and the relationship is mother