

Correlation between folate intake and nutritional status indicator of 6-8 month infant in Kampung Melayu Village East Jakarta = Korelasi antara asupan folat dengan indikator status nutrisi pada bayi usia 6 - 8 bulan di Kampung Melayu Jakarta Timur

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Abstrak

Latar belakang: Defisiensi folat dapat menyebabkan anemia yang dapat menyebabkan masalah pada pertumbuhan. Penelitian ini bertujuan untuk melihat adanya korelasi antara asupan folat dengan indikator status nutrisi pada bayi usia 6-8 bulan.

Metode: Rancangan penelitian potong lintang ini menggunakan data sekunder yang diperoleh dari penelitian Ernawati et al. Lima puluh lima subjek penelitian adalah bayi usia 6-8 bulan yang direkrut dari beberapa posyandu di Kampung Melayu pada bulan November 2009 sampai Februari 2010 yang sesuai kriteria penelitian. Data yang diambil dari subjek adalah jenis kelamin, usia, panjang badan, berat badan dan asupan folat dari food-recall 24 jam.

Hasil: Hasil penelitian mendapatkan 98.2% dari subjek memiliki asupan folat yang kurang dari jumlah rekomendasi AKG 2004. Indikator status nutrisi dengan Z-score < -2 SD pada 55 subjek menemukan 9.1% kurus, 3.6% pendek dan 5.5% dalam keadaan wasted. Tidak terdapat korelasi signifikan antara asupan folat dengan indikator status nutrisi.

Diskusi: Meskipun tidak didapatkan hasil signifikan, hasil penelitian kami dapat memberikan manfaat dalam deteksi dini efek dari defisiensi mikronutrien dan kemungkinan perburukan dimasa mendatang.

.....Background: Folate deficiency can cause megaloblastic anemia, a condition that may lead to growth impairments. This study was aimed to assess the correlation between folate intake among infants aged 6–8 months and the relation to infants' nutritional indicators.

Methods: This was a cross-sectional study using the secondary data from a larger study conducted by Ernawati et al. Fifty five subjects of the study were infants aged 6–8 months recruited from several selected community health center in Kampung Melayu during November 2009 to February 2010 who met the study criteria. Data collected among the infants included sex, age, length, weight, and intake of folate based on a 24-hour food recall.

Results: This study documented 98.2% of the subjects have intake lower than the amount recommended in AKG 2004. Nutritional status indicators with Z-score < -2 SD, showed amongst 55 subjects, 9.1% were underweight, 3.6% were stunted and 5.5% were wasted. No significant correlation between folate intake and nutritional status indicators.

Discussion: Despite the insignificant correlation, our findings might be beneficial in describing the early

recognition of the effect of a micronutrient intake insufficiency and its potential adverse effect in later life.