

Minuman Ringan dengan Pemanis Gula (MRDPG): Pola Konsumsi dan Hubungannya dengan Obesitas pada Anak Sekolah Usia 10-12 Tahun (Studi kasus di Sekolah Al-Azhar Rawamangun Jakarta Timur) = Sugar-Sweetened Beverages (SSB): The Pattern of Consumption and Its Association with Obesity in School Children Age 10-12 Years Old (A case study in Islamic School of Al-Azhar, Raamangun, East Jakarta)

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Abstrak

[Latar belakang: Konsumsi MRDPG meningkat secara paralel dengan peningkatan prevalens obesitas di seluruh dunia sehingga diduga menjadi salah satu faktor risiko obesitas yang bermakna. Data di Indonesia terbatas. Tujuan: Mengetahui pola konsumsi MRDPG dan hubungannya dengan obesitas pada anak sekolah usia 10-12 tahun. Metode: Penelitian ini terdiri dari 2 tahap. Tahap I (studi potong lintang) didesain untuk mengetahui pola konsumsi MRDPG (total sampling). Uji hipotesis dilakukan pada Tahap II (studi kasus kontrol) secara purposive sampling (subjek obes dan gizi baik) dengan matching (usia dan jenis kelamin). MRDPG yang diteliti adalah soda, fruit drink, sport drink, energy drink, teh manis, dan kopi instan/siap saji. Konsumsi MRDPG dinilai dengan semi kuantitatif FFQ yang telah divalidasi sebelumnya. Pemeriksaan antropometri dilakukan dengan cara standar sesuai protokol. Risiko obes karena konsumsi MRDPG dianalisis dengan conditional logistic regression bersama dengan faktor perancu. Hasil: Sebanyak 421 dan 182 subjek memenuhi kriteria penelitian tahap I dan II. Proporsi subjek yang mengonsumsi MRDPG adalah 92,2% dan 63,9% di antaranya mengonsumsi 1 kali atau lebih setiap hari. Konsumsi MRDPG pada anak lelaki lebih banyak dibandingkan perempuan ($P < 0,001$). Rerata konsumsi MRDPG berdasarkan volume, kalori, dan gula tambahan adalah 348 ml, 117 kkal, dan 26,6 gram per hari (≈ 5 sdt gula pasir setiap hari). Kontribusi kalori terbesar adalah teh manis dan yang terkecil soda. Subjek mengonsumsi MRDPG di antara 2 waktu makan dan di semua tempat. Setelah mengontrol faktor perancu, subjek yang mengonsumsi MRDPG 1 kali atau lebih setiap hari memiliki risiko obes sebesar 2,54 kali (RO 2,54; IK 95% 1,07-6,05; $P = 0,03$). Risiko tersebut bertambah sebesar 45% untuk setiap konsumsi 1 porsi (RO 1,45; IK 95% 1,08-1,94; $P = 0,01$)(1 porsi=240 ml). Teh manis dan kopi instan/siap saji menunjukkan hubungan yang bermakna dengan obesitas. Simpulan: Pola konsumsi MRDPG pada anak sekolah usia 10-12 tahun mengkhawatirkan. Semakin sering seorang anak mengonsumsi MRDPG, semakin besar kemungkinannya menjadi obes, Background: there is a global parallel increased between SSB consumption and obesity prevalence. Therefore, SSB consumption has been hypotized as one of risk factors of obesity. Limited data found in Indonesia. Aim: to describe the pattern of SSBs consumption and its association with obesity in school children age 10-12 years old. Method: a two phase study has been studied. Phase I (a cross sectional study) was designed to describe the pattern of SSB consumption as a total sampling. Hypotesis test was done in phase II (a case control study) as a purposive sampling (obese and healthy weight subjects) with individual matching (sex and age) between groups. SSBs were include reguler soda, fruit drink, sport drink, energy drink, sweat tea, and instant/ready to drink coffee. SSBs consumption were measured with a previously validated FFQ. Anthropometrical measures were taken using standardize protocol. Obesity risk related to SSB consumption was assesed together with confounding factors in a conditional logistic regression

multivariate analysis. Result: There were 421 and 182 subjects fulfilled the criteria of study in phase I and II. The proportion of subject to consume SSBs was 92,2% and 63,9% of them consumed it one or more daily. Boys were more in drinking SSBs than girls ($P < 0,001$). Mean of SSBs consumption based on volume, calories, and added-sugar were 348 ml, 117 kkal, and 26,6 gram per day (≈ 5 tsp of table sugar per day). The highest contribution of energy was found in sweat tea and the lowest was soda. All subjects consumed SSBs between 2 time meal at all place. After controlling the confounding factors, We found a risk of obesity related to SSB consumption as 2,54 higher (RO 2,54; 95% CI 1,07-6,05; $P = 0,003$) if they drank SSBs one or more daily. Besides, each additional daily serving was associated with a 45% relative increased in the risk of obesity (RO 1,45; 95% CI 1,08-1,94; $P = 0,01$)(1 serving=240 ml). Sweat tea and instant/ready to drink coffee were significantly associated with obesity in this study. Conclusion: The pattern of SSBs consumption in school children age 10-12 years old is concerned. The more frequent in drinking SSBs the more likely a child to become obese.]