

The Relationship between Overweight and Socio Demographic Status Among Adolescent Girls in Indonesia

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Abstrak

Adolescent need special attention due to their physical and psychosocial development. Studies about nutritional status of Adolescent girls have been last explored in Indonesia. To assess overweight Adolescent girl related to their socio-demographic condition. The data was part of the basic Health Research 2010, which was a cross sectional and non intervention study. It covered 22 provinces, 441 district/municipalities, and 70.000 house hold. The sampling was based on economical status and urban/rural ratio. Body Mass Index (BMI) was calculated from weight and height measured from all participants. The author analyzed 21.799 non pregnant girls aged 10-19 years by calculating Crude odds ratio and Adjusted odds ratio between overweight and normal weight and their socio demographic variables. 45.3% underweight (BMI <18.5), 44,0% normal weight (BMI 18.5-22.9), 5,7% overweight-1 (BMI 23.3-24.9), 4.0% overweight-2 (25.0-29.9) and 1.1% obese (BMI <_30). Those who were married were 1.87 fold more likely to be overweight(95% CI:1.48-2.36), those who lived at urban area were 1.26 fold more likely to be overweight (95% CI: 1.09-1.45). In adjusted models, those aged 10-12 years were 1.48 fold more likely to be overweight (95% CI:1.25-1.76) and those with the highest quintile was 1.82 fold more likely to be overweight (95% CI: 1.47-2.24). The high levels of overweight among Adolescent girls were a public health concern. A higher prevalence of overweight was mainly found in married Adolescent, those who lived in urban area, the younger ones and those with higher socioeconomic strata. It needs a comprehensive Adolescent health program.