Asupan asam lemak omega 3 pada wanita hamil trimester tiga dan ukuran lahir bayi = Dietary omega 3 fatty acids intake among third trimester pregnant women and infant s birth size / Dudung Angkasa

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Abstrak

Asupan asam lemak omega-3 penting selama kehamilan dan mempengaruhi luaran lahir. Sedikit data yang terbit di Indonesia mengenai asupan lemak omega-3 pada ibu hamil (bumil) dan hubungannya terhadap ukuran lahir bayi. Desain potong lintang terhadap bumil yang terdaftar ANC (antenatal care) dengan usia kehamilan >32 minggu di semua puskesmas kecamatan di Jakarta timur.
Kuesioner terstruktur, semi-quantitative food frequency questionnaire (SQFFQ), shorr board, and HemoCue digunakan untuk menilai faktor ibu dan asupan omega-3 serta mengukur antropometri dan kadar hemoglobin. Pita SECA, timbang bayi dan data rekam medik digunakan untuk mengukur lingkar lengan atas ibu, berat bayi dan mencatat panjang bayi.
Analisis multivariate digunakan untuk menilai hubungan asupan omega-3 terhadap ukuran lahir setelah faktor pengganggu dikendalikan. Bumil dengan asupan lemak kurang dari 54.27 mg/hr akan 2.1 (95% CI: 1.16-4.03) kali beresiko memiliki anak dengan lingkar kepala (LIKA) sub normal. Bumil dengan asupan -linolenat kurang dari 0.82 gr/hr akan memiliki bayi dengan berat lahir 95 (95%CI:9.3-180) gram lebih rendah. Tidak ada asupan asam lemak essensial yang berhubungan dengan panjang badan. Lemak berhubungan dengan LIKA sedangkan ALA berhubungan dengan berat lahir.
<hr>Dietary intake of omega-3 fatty acids (FAs) is important during pregnancy and influence birth outcome. Limited published study in Indonesia related to dietary omega-3 FAs intake among pregnant women and its association with infant birth size. A cross-sectional study was designed among registered antenatal care and >32 weeks of gestational age pregnant women in all sub-district public health centers in East Jakarta.
Structured interview, semi-quantitative food frequency questionnaire (SQFFQ), shorrboard, and HemoCue were used to assess maternal factors, usual intake of omega-3 FAs, measure anthropometric and hemoglobin level data respectively. Mid-upper arm circumference (MUAC) SECA tape, pediatric weighing scale and medical record were used to assess infant head circumference, birth weight and length, respectively. Multivariate analysis was used to find adjusted association between omega-3 FAs intake and birth size. Pregnant women with fat intake below 54.27 mg/d would have 2.1 (95% CI: 1.16-4.03) times higher risk to have sub normal head circumference while pregnant women with alpa-linolenic acid (ALA) intake below 0.82 gram/d would have 95 (95%CI: 9.3-180) gram lower birth weight in adjusted data. None of omega-3 fatty acids was associated with birth length. Fat and ALA had association with head circumference and birth weight, respectively.