

## Faktor demografi dan risiko gizi buruk dan gizi kurang

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### Abstrak

Penelitian ini membahas masalah gizi buruk dan gizi kurang pada tiga komunitas di Sumatera Barat, yaitu komunitas perkotaan, komunitas perikanan dan komunitas pertanian melalui studi terhadap 572 keluarga yang dipilih dengan menggunakan teknik purposive random sampling. Hasil studi terhadap evaluasi status gizi anak balita menunjukkan implikasi (1) masih banyak anak balita yang memiliki gizi buruk di Sumatera Barat dimana prevalensi gizi buruk sekitar 17,6 persen dan gizi kurang sekitar 14 persen, (2) kemiskinan dan tingkat pendidikan orang tua merupakan faktor utama penyebab balita menderita gizi buruk dan gizi kurang. Ini menjadi kompleks ketika intervensi dari pemerintah untuk kemiskinan sangat lemah terutama pada komunitas perikanan, komunitas pertanian tradisional dan komunitas perkotaan sehingga tidak mampu memberikan perubahan untuk kesejahteraan masyarakat dan menimbulkan masalah balita gizi buruk dan gizi kurang. Upaya sistematis diperlukan untuk mengintegrasikan program untuk mengatasi kemiskinan dan program untuk menyediakan makanan agar dapat meminimalkan risiko gizi buruk dan gizi kurang dalam masyarakat.

*Demographic Factors and the Risk of Malnutrition and Nutrition for Less at Three Different Communities in West Sumatra. This study discussed the problem of malnutrition at three communities in West Sumatra, namely; urban community, fishery community and farming community. Data of this study were obtained by doing field study toward 572 families which were selected or chosen by using purposive random sampling technique. The result of studying on the evaluation of the status of nutrition of children under five years. Showed its implication (1) there were still many children under five years who have malnutrition in West Sumatra. Where the prevalence of malnutrition of about 17.6 persen and less nutrition about 14 persen, (2) poverty and the level of education of parents were main factors making less than five years children have malnutrition. This polemic becomes complex when the intervention of government for the poverty is weak so that poverty especially at fishery, urban and traditional farming community is not able to bring change on the welfare of society and this has implication for the existence of malnutrition for under five years children. In this case, systematic effort is needed to integrate the program for overcoming poverty and program for providing food in order to be able to minimize the risk of malnutrition in society.*