

# Hubungan konsumsi minuman berpemanis gula sugar-sweetened beverages terhadap status gizi balita di Indonesia tahun 2014 (data SDT-SKMI 2014) = Consumption of sugar sweetened beverages and its association with nutritional status in Indonesia children (data SDT-SKMI 2014)

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## Abstrak

Konsumsi minuman berpemanis gula atau Sugar Sweetened Beverages terus meningkat di seluruh dunia dan dihubungkan dengan peningkatan berat badan dan obesitas pada anak. Studi Diet Total-Survei Konsumsi Makanan Individu SDTSKMI di Indonesia menunjukkan bahwa minuman berpemanis gula terutama minuman serbuk dan minuman kemasan cair merupakan terbanyak dikonsumsi pada semua kelompok umur termasuk balita. Tujuan penelitian untuk mengetahui hubungan antara konsumsi minuman berpemanis gula sugar sweetened beverages terhadap status gizi balita di Indonesia dengan menggunakan studi cross sectional. Data konsumsi minuman berpemanis gula sugar sweetened beverages merupakan data sekunder hasil survei SDT-SKMI Indonesia 2014. Responden penelitian sebanyak 7717 balita dengan kelompok umur bayi 0-6 bulan, 7-11 bulan, 12-35 bulan dan 36-59 bulan. Prevalensi gizi berat-kurang sebesar 16.7 dan prevalensi gizi lebih sebesar 2.5. Proporsi balita mengonsumsi minuman berpemanis gula sebesar 42.6 dan konsumsi minuman cairan tertinggi pada balita umur 36-59 bulan sebesar 35.0. Terdapat hubungan bermakna antara konsumsi minuman berpemanis gula dengan status gizi kurang dan buruk dengan nilai p sebesar 0.004 dan OR 3.762 1.545-9.161 setelah dikontrol pendidikan ibu, total energi dan interaksi antara konsumsi minuman berpemanis gula dengan pendidikan ibu. Beberapa variabel yang berhubungan dengan status gizi yaitu ibu yang berpendidikan rendah OR = 2.524 ; 95 CI 1.627-3.917 ; ibu yang berpendidikan sedang OR = 1.808 ; 95 CI 1.139-2.870 dan balita dengan AKE sangat kurang OR = 1.919 ; 95 CI 1.462-2.519. Ibu balita hendaknya membatasi balitanya untuk mengonsumsi minuman berpemanis gula jika asupan energi dan zat gizi dari makanan utama belum terpenuhi. Perlu ada upaya dari pemerintah untuk meningkatkan program gizi terkait dengan pendidikan gizi dan promosi gizi seimbang bagi masyarakat khususnya ibu balita.

.....Consumption of sugar sweetened beverages continues to increase worldwide and it's associated with weight gain and obesity in children. Total Diet Study Individual Food Consumption Survey SDT SKMI in Indonesia shows that sugar sweetened beverages, beverages powder and beverage packaging liquid is the most consumed in all age groups including infants. The aim of this study is to determine consumption of sugar sweetened beverages and its association with nutritional status in Indonesia children by using a cross sectional study. Data consumption of sugar sweetened beverages is a secondary data survey from SDTSKMI Indonesia in 2014. The study subjects were 7717 infants with infant age groups 0 6 months, 7 11 months, 12 35 months and 36 59 months. The prevalence of under weight is 16.7 and over nutrition prevalence 2.5. Proportion of sugar sweetened beverages consumption is amount 42.6 and the highest liquid beverage consumption at age 36-59 months amounted to 35.0. There is a significant relationship between the consumption of sugar sweetened beverages with nutritional status under weight with p value 0.004 and OR 3.762 95 CI 1.545 9.161 after controlled by variable maternal education, total energy and the interaction

between the consumption of sugar sweetened beverages with maternal education. Variables were significant to nutritional status are maternal with less educated OR 2.524 95 CI 1.627 3.917 maternal with middle educated OR 1.808 95 CI 1.139 2.870 and infants with less energy intake OR 1.919 95 CI 1.462-2.519. Mothers should limit their toddler's intake on sugar sweetened beverages if the intake of total energy diet and nutrition balance not fulfilled. There still needs an effort from the government to improve nutritional programs such as nutrition education and promotion of balanced nutrition for society, especially mothers.