Profil zat besi bayi usia 9-12 bulan: hubungan dengan status gizi dan zat pemacu serta penghambat absorpsi besi dalam asupan diet = Iron profile of 9-12 month-old babies: correlation with nutritional status, enhancers and inhibitors of iron absorption in daily dietary intake / Kartika Sari Widuri

Kartika Sari Widuri, author

Abstrak

ABSTRAK
Latar belakang: Anemia defisiensi besi ADB pada usia 9-12 bulan dapat berdampak pada kualitas hidup anak di masa depan. Asupan zat besi, pemacu dan penghambat absorpsi besi memengaruhi kadar besi tubuh. Penelitian mengenai status zat besi dan hubungannya dengan zat pemacu dan penghambat absoprsi dalam asupan diet pada bayi usia 9 ndash;12 bulan yang disertakan dengan analisis asupan diet belum banyak dilakukan di Indonesia. Tujuan: Mengetahui prevalens gangguan status besi dan mengetahui hubungan status gizi dan kecukupan asupan besi harian terhadap kejadian defisiensi besi pada bayi usia 9-12 bulan. Metode: Studi potong lintang pada Juli 2017-Januari 2018 di Posyandu kecamatan Tanah Abang dan Jatinegara. Asupan zat besi, pemacu absorpsi besi dan penghambat absorpsi besi dinilai dengan metode food record dan diolah dengan program NutriSurvey . Subyek menjalani pengukuran antropometri dan pengambilan sampel darah darah perifer lengkap, LED, dan feritin serum . Data diolah dengan uji Pearson Chi Square dan kejadian gangguan status besi ditampilkan dalam prevalens. Hasil: Terdapat 82 subyek usia 9-12 bulan berpartisipasi dalam penelitian. Prevalens defisiensi besi sebesar 12,2 , dan ADB sebesar 26,8 . Tidak terbukti ada hubungan antara kecukupan asupan besi harian dengan gangguan status besi [p=0,064; PR=2,1 0,193-1,178] dan status gizi kurang dengan gangguan status besi [p=0,444; PR=0,729 0,307-1,731]. Terdapat perbedaan bermakna antara asupan harian besi total p=0,002 , besi heme 0,017 , kalsium p=0,006 , dan seng p=0,042 antara kelompok defisiensi besi dan non-defisiensi besi.Simpulan: Prevalens defisiensi besi dan ADB pada bayi usia 9-12 bulan berturut-turut adalah 12,2 dan 26,8 . Tidak terbukti ada hubungan antara status gizi dan kecukupan asupan besi harian dengan gangguan status besi, namun terdapat perbedaan bermakna antara asupan harian besi total, besi heme, kalsium, dan seng antara kelompok defisiensi dan non-defisiensi besi pada populasi bayi usia 9-12 bulan.
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ABSTRACT
Background Iron deficiency anemia IDA in 9 12 month old babies could affect their quality of life. Intake of iron containing food, enhancer and inhibitor of iron absorption affects iron body level. Study about iron profile and its correlation with enhancers and inhibitors of iron absorption in baby rsquo s daily dietary intake whose analyzed by food record method is still infrequent in Indonesia. Aim To measure the prevalence of iron deficiency and IDA and to know the correlation of nutritional status and adequacy of daily iron intake with iron deficiency status in 9 12 month old babies. Methods A cross sectional study was conducted on July 2017 January 2018 in Posyandu in Tanah Abang and Jatinegara district. Dietary iron intake, enhancer and inhibitor were obtained using a 3 day food record method and analyzed with NutriSurvey program. Subjects underwent anthropometry measurement. Complete blood count, ESR, and

ferritin serum were also examined. Results A total of 82 babies aged 9 12 months were studied. Prevalence of iron deficiency and IDA were 12,2 and 26,8 . There were no evidence of relationship between adequacy of daily iron intake p 0,064 and undernourished condition p 0,444 with iron deficiency status. There were statistically significant differences in total iron p 0,002 , heme iron p 0,017 , calcium p 0,006 , and zinc p 0,042 daily intakes between iron deficiency group and non iron deficiency group.Conclusion The prevalence of iron deficiency and IDA were 12,2 and 26,8 . There were no evidence of relationship between adequacy of daily iron intake nor undernourished condition with iron deficiency status. There were statistically significant differences in total iron, heme iron, calcium, and zinc daily intakes between iron deficiency group and non iron deficiency group in 9 12 month old babies.