

Hubungan Konsumsi Susu Pertumbuhan dengan Kejadian Gizi Lebih dan Obesitas pada Anak Usia 2-3 Tahun = Association between Growing-up Milk Consumption and Overweight and Obesity in Children Aged 2-3 Years

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Abstrak

Prevalens gizi lebih dan obesitas pada anak di Indonesia masih cukup tinggi. Konsumsi susu formula, terutama tingginya kandungan tinggi protein, berhubungan dengan kejadian gizi lebih dan obesitas pada anak sehingga kadar protein pada susu formula dianjurkan untuk diturunkan. Belum pernah terdapat penelitian di Indonesia mengenai hubungan konsumsi susu pertumbuhan dengan kejadian gizi lebih dan obesitas pada anak.

Tujuan: Mengetahui rerata asupan energi, rasio kalori susu pertumbuhan dibandingkan kalori total per hari, protein susu pertumbuhan, dan rasio kalori protein susu pertumbuhan dibandingkan kalori protein total per hari dan hubungannya dengan kejadian gizi lebih dan obesitas pada anak usia 2-3 tahun.

Metode: Studi potong lintang dilakukan untuk mengetahui proporsi gizi lebih dan obesitas, dilanjutkan dengan studi kasus kontrol untuk mengetahui hubungan susu pertumbuhan terhadap kejadian gizi lebih dan obesitas dengan matching usia dan jenis kelamin. Penelitian dilakukan di Posyandu Jakarta Pusat dan Timur bulan September hingga Desember 2018. Kelompok kasus merupakan subyek gizi lebih dan obes, sedangkan kelompok kontrol merupakan subyek gizi baik. Subyek menjalani pengukuran antropometri dan penilaian asupan nutrisi menggunakan food record selama 3 hari.

Hasil: Sebanyak 292 subyek dengan kelompok kasus 34 subyek dan kelompok kontrol 68 subyek. Proporsi gizi lebih dan obesitas pada anak usia 2-3 tahun sebesar 12%. Terdapat perbedaan bermakna pada asupan energi susu pertumbuhan [516,1 (0-1546,7) vs 238,5 (0-1090,4) kkal/hari, $p < 0,001$], rasio kalori susu pertumbuhan dengan kalori total per hari [41,1 (0-83,7) vs 20,8 (0-80,7)%, $p < 0,001$], protein [18,9 (0-71,7) vs 8,6 (0-50,7) g/hari, $p < 0,001$], dan rasio kalori protein susu pertumbuhan dengan kalori protein total [46,9 (0-89,5) vs 19 (0-72,3)%, $p < 0,001$] antara kelompok kasus dan kelompok kontrol.

Kesimpulan: Konsumsi susu pertumbuhan yang berlebih berhubungan dengan kejadian gizi lebih dan obesitas pada anak usia 2-3 tahun.

Overweight and obesity prevalence in Indonesia is quite high. Recent studies suggest that consumption of infant formula, particularly high protein content, was related to overweight and obesity in children. Therefore, protein content in infant formula was recommended to be lowered. Currently, there is no data on the association between growing-up milk consumption and overweight and obesity in children aged 2-3 years in Indonesia.

Objective: To determine the average intake of growing-up milk energy, ratio of growing-up milk calories to the total calories per day, growing-up milk protein, and ratio of growing-up milk protein calories to the total protein calories per day and their relationship with overweight and obesity children aged 2-3 years.

Methods: Cross-sectional study was conducted to determine the proportion of overweight and obesity, followed by case-control study to determine the relationship between growing-up milk consumption with overweight and obesity. Overweight and obese subjects were considered as the case group, while normal

weight subjects were categorized as control group. Study was conducted in Jakarta since September to December 2018. Three days-food record analysis were performed.

Results: A total of 292 subjects with 34 cases and 68 controls. The proportion of overweight and obesity in children aged 2-3 years was 12%. There were significant differences between case and control group in terms of growing-up milk energy intake [516.1 (0 to 1546.7) vs. 238.5 (0 to 1090.4) kcal/day, $p<0.001$], ratio of growing-up milk calories to total calories per day [41.1 (0 to 83.7) vs 20.8 (0 to 80.7)%, $p<0.001$], growing-up milk protein [18.9 (0 to 71.7) vs 8.6 (0 to 50.7) g/day, $p<0.001$], and ratio of growing-up milk protein calories to total protein calories [46.9 (0 to 89.5) vs. 19 (0 to 72.3)%, $p<0.001$].

Conclusion: Excessive consumption of growing-up milk had significant relationship with overweight and obesity in children aged 2-3 years. </i>