

Hubungan keragaman konsumsi pangan dan faktor lainnya dengan kejadian stunting pada balita usia 6-35 bulan di Kecamatan Babakan Madang tahun 2019 = Associations between dietary diversity, other factors and prevalence of stunting among children aged 6-35 months in Babakan Madang District in 2019

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Abstrak

Prevalensi stunting pada balita di Indonesia, khususnya Kabupaten Bogor masih tergolong tinggi. Keragaman konsumsi pangan, salah satu penilaian pada praktik pemberian makan bayi dan anak, merupakan salah satu determinan utama dalam kejadian stunting. Penelitian ini bertujuan melihat hubungan keragaman konsumsi pangan dan faktor lainnya dengan kejadian stunting pada balita. Penelitian ini menggunakan desain studi cross-sectional dengan jumlah sampel 149 anak usia 6-35 bulan di Kecamatan Babakan Madang selama bulan April-Juni 2019. Skor keragaman konsumsi pangan diambil dari 1x24hr food recall berdasarkan 7 kelompok pangan dan dikategorikan berdasarkan beragam (<4 kelompok pangan) dan tidak beragam (≥4 kelompok). Hasil penelitian menunjukkan prevalensi stunting pada anak sebesar 32.2%. 31.5% anak mengonsumsi pangan tidak beragam. Hasil uji chi-square menunjukkan adanya hubungan bermakna antara keragaman konsumsi pangan ($p=0.033$), minimum acceptable diet ($p=0.013$), dan konsumsi sayur dan buah sumber vitamin A ($p=0.015$). Maka dari itu, upaya intervensi perlu dilakukan dengan meningkatkan keragaman pangan dan kualitas makan bayi dan anak dalam menurunkan risiko kejadian stunting di tingkat keluarga dan masyarakat.

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Prevalence of stunting among under children in Indonesia, particularly in Bogor, East Java, is still considered high. Dietary diversity, one of the important assessments in infant and child feeding practice, is one of important determinants of stunting. This study is aimed to examine associations between dietary diversity with other factors with prevalence of stunting among children. A cross-sectional design study involving 149 children aged 6-35 months in Babakan Madang District from April-June 2019 was performed in this study. Dietary diversity scores were collected from 1x24hr food recall based on 7 food groups and categorized as low (<4 food groups) and high (≥4 food groups). Results showed the prevalence of stunting in this study is 32.2%. 31.5% of the children had low dietary diversity. Using chi-square analysis, there was significant associations in prevalence of stunting in children in dietary diversity ($p=0.033$), minimum acceptable diet ($p=0.013$), and consumption of vitamin A-rich fruits and vegetables ($p=0.015$). Interventions should be taken by improving dietary diversity to reduce the burden and prevalence of stunting in both household and community level.