

## Korelasi antara kadar vitamin D dengan indikator Z-skor BB/TB pada anak usia 6 sampai 59 bulan di Indonesia = correlation between vitamin D level and weight/height Zscore for children age 6-59 month in Indonesia

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### Abstrak

Latar belakang: Status gizi dan kadar vitamin D adalah dua masalah yang menjadi sorotan di dunia karena masih banyak negara dengan kejadian status gizi yang buruk dan defisiensi kadar vitamin D pada anak termasuk negara Indonesia. Anak dengan usia dibawah lima tahun dengan berat badan normal dan pendek dapat mengalami berat badan berlebih di kemudian hari. Kadar vitamin D yang menurun pada BMI lebih tinggi menjadi kemungkinan adanya pengaruh antara kadar vitamin D dengan status gizi.

Tujuan: Mengetahui korelasi antara kadar vitamin D dengan status gizi anak Metode: Penelitian ini merupakan penelitian potong lintang. Menggunakan data dari SEANUTS II bulan September 2019 – Maret 2020. Digunakan 132 sampel pada anak usia 6-59 bulan di Indonesia yang memenuhi kriteria penelitian dengan random sampling. Hasil kadar vitamin D dari hasil pemeriksaan lab, asupan vitamin D menggunakan food recall 24 jam, dan status gizi diukur dengan Z-skor BB/TB. Kemudian dilakukan uji normalitas Kolmogorov- Smirnov dan uji korelasi Spearman.

Hasil: Status gizi anak usia 6-59 bulan di Indonesia 89,4% memiliki status gizi normal. Sebanyak 88,6% anak kurang mendapatkan asupan vitamin D sesuai dengan rekomendasi AKG. Didapatkan 90,2% anak mengalami defisiensi vitamin D. Ditemukan korelasi bermakna antara asupan vitamin D dan kadar. Vitamin D ( $r = 0,234$ , nilai  $p=0,007$ ). Tidak ada korelasi bermakna antara kadar vitamin D dengan Z skor BB/ TB ( $r = -0,016$ ,  $p=0,854$ ).

Simpulan: Tidak terdapat korelasi antara kadar vitamin D dengan Z-skor BB/TB pada anak usia 6-59 bulan di Indonesia.

.....Background: Nutritional status and vitamin D levels are two highlighted global problem because there are still many countries with incidence of poor nutritional status and deficiency of vitamin D in children, including Indonesia. Children under five years of age with normal weight and short can develop to overweight later in life if not treated. A decreased vitamin D level at a higher BMI is a possible influence between vitamin D levels and nutritional status.

Objective: To determine the correlation between vitamin D levels and children's nutritional status Methods: This research is a cross sectional study. Using data from SEANUTS II collected from September 2019 until March 2020. A total of 132 samples children aged 6-59 months in Indonesia who met the research criteria chosen by random sampling. Vitamin D levels data from lab tests, vitamin D intake record with 24- hour food recall, and nutritional status was measured based on Z-score BW / TB. Then, performed normality test with Kolmogorov- Smirnov and correlation test with Spearman.

Results: The nutritional status of children aged 6-59 months in Indonesia 89,4% had normal nutritional status. Most of the children ( 88.6% ) did not get enough vitamin D intake according to the RDA recommendation. It was found that 90.2% of children had vitamin D deficiency. There was a significant correlation between vitamin D intake and levels. Vitamin D ( $r = 0.234$ ,  $p$  value = 0.007). There was no

significant correlation between vitamin D levels and Z score BW / TB ( $r = -0.016$ ,  $p = 0.854$ ).

Conclusion: There was no correlation between vitamin D levels and Z-score Weight/Height in children aged 6-59 months in Indonesia.