

## Association of Diet Quality and Different Domains of Healthy Ageing among Elderly in Urban Area = Hubungan Kualitas Diet dengan Beberapa Domain Status Penuaan Sehat pada Lansia di Daerah Perkotaan

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### Abstrak

Diet quality among elderly could benefit to support healthy ageing, but data on these issues were still limited to be found in Indonesia. This study aimed to analyze the association between diet quality with different domains of healthy aging among elderly in urban area. A cross-sectional study was conducted among 126 elderly aged > 60 years in five community health center across Jakarta province. Diet quality was scored based on Healthy Eating Index (HEI) 2015. Healthy aging domains measured were physical function based on Activity Daily Living (ADL); cognitive function assessed by Mini-Mental State Examination (MMSE); psychological health measured by Geriatric Depressive Screening Scale (GDS); and social engagement index. General characteristics of subjects measured using a structured questionnaire to obtained data on age, sex, education, income, smoking status, disease history, and nutritional status based on Mini Nutritional Assessment – Short Form (MNA-SF). Association of diet quality with healthy aging domains was analyzed using linear regression test. The study showed the majority of subjects were early elderly (94.4%), female (57.1%), have high education (49.2%) and income of 2 million rupiahs (45.2%). Diet quality among subjects was poor with mean HEI score  $46.1 + 8.5$ . Prevalence of functional disability (56.3%) and cognitive impairment (46.8%) were high. While the indication of depression was 9.5% and active engagement was 86.5%. There was no significant association found between HEI score with all healthy aging domains. However, improvement in diet quality, functional, and cognitive ability need to be considered. Further investigation using different approach need to be conducted in future studies.

.....Kualitas asupan makan pada lansia dapat mendukung status penuaan yang sehat. Namun, data yang mendukung dalam isu ini masih terbatas ditemukan di Indonesia. Penelitian ini bertujuan untuk menganalisis hubungan antara kualitas asupan makan lansia dengan beberapa domain status penuaan sehat di daerah perkotaan. Studi potong lintang dilakukan pada 126 lansia usia > 60 tahun di lima Puskesmas wilayah DKI Jakarta. Kualitas asupan makan dinilai berdasarkan Healthy Eating Index (HEI) 2015. Domain status penuaan sehat yang diukur adalah kemampuan fungsional yang dinilai dengan Activity Daily Living (ADL); fungsi kognitif dinilai dengan Mini-Mental State Examination (MMSE); domain psikologis diukur dengan Geriatric Depressive Screening Scale (GDS); dan indeks keterlibatan dalam aktifitas sosial. Karakteristik subjek yang diukur antara lain usia, jenis kelamin, tingkat pendidikan, penghasilan, riwayat merokok dan penyakit kronis, serta status gizi yang diukur berdasarkan Mini Nutritional Assessment – Short Form (MNA-SF). Asosiasi antara kualitas asupan makan dengan domain penuaan sehat dianalisis menggunakan tes regresi linier. Hasil penelitian menunjukkan mayoritas subjek merupakan lansia awal (94,4%), perempuan (57,1%), tingkat pendidikan tinggi (49,2%), dan berpenghasilan 2 juta rupiah (45,2%). Kualitas asupan makan pada subjek rendah dengan rata-rata skor HEI  $46,1+8,5$ . Prevalensi ketergantungan fungsional (56,3%) dan gangguan kognitif (46,8%) cukup tinggi, sedangkan prevalensi depresi sebesar 9,5% dan tingkat keterlibatan sosial sebesar 86,5%. Tidak ada hubungan signifikan yang ditemukan antara skor

HEI dengan semua domain status penuaan sehat, namun peningkatan kualitas asupan makan, kemampuan fungsional, dan kognitif perlu diperhatikan. Penelitian lebih lanjut dengan menggunakan metode pengukuran dan pendekatan yang berbeda perlu dilakukan pada studi selanjutnya.