

## Hubungan antara konsumsi produk susu dengan adekuasi asupan nutrisi pada usia lanjut = Association between dairy products consumption and adequacy of nutrients intakes in older adults

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### Abstrak

Latar Belakang: Indonesia mempunyai prevalensi malnutrisi yang tinggi pada usia lanjut, yang dipengaruhi oleh inadekuasi asupan nutrisi. Inadekuasi asupan nutrisi pada usia lanjut di Indonesia merupakan masalah dengan prevalensi tinggi, high impact, dan menimbulkan beban ekonomi yang tinggi. Produk susu merupakan nutrient dense food yang potensial untuk intervensi masalah inadekuasi asupan nutrisi. Produk susu dapat ditoleransi oleh usia lanjut di Indonesia, namun belum diteliti apakah berhubungan dengan asupan nutrisi pada populasi usia lanjut

Tujuan: Tujuan dari penelitian ini untuk mengetahui perbedaan rerata asupan energi dan nutrisi, serta mengetahui hubungan antara konsumsi produk susu dengan adekuasi asupan nutrisi pada kelompok dairy user dibandingkan non dairy user pada usia lanjut di Indonesia

Metode: Penelitian ini merupakan bagian dari penelitian Indonesian Study of Lactose Intolerance in Elderly Population. Desain penelitian potong lintang. Waktu penelitian bulan Januari-Juli 2021 menggunakan data pasien di Unit Rawat Jalan Geriatri Terpadu RSCM Jakarta dengan sampling konsekutif. kriteria inklusi adalah usia 60 tahun atau lebih dan tinggal di komunitas bersama keluarga. Kriteria eksklusi adalah gangguan fungsi kognitif berat, kondisi klinis yang mempengaruhi hasil uji intoleransi laktosa, serta menolak berpartisipasi dalam penelitian. Analisis bivariat menggunakan uji t-test atau alternatifnya, chi-square atau alternatifnya, sesuai dengan jenis variabel yang diuji. Analisis multivariat untuk adjustment variabel perancu menggunakan regresi logistik.

Hasil: Sebanyak 103 partisipan menjadi subjek penelitian ini. Terdapat perbedaan asupan protein ( $p=0.003$ ), kalsium ( $p<0.001$ ), vitamin D ( $p <0.001$ ), vitamin B12 ( $p=0.002$ ) pada kelompok dairy user dibandingkan non-dairy user. Tidak didapatkan kemaknaan statistik pada uji bivariat maupun multivariat yang menganalisis hubungan antara konsumsi produk susu dengan adekuasi asupan energi dan nutrisi, namun didapatkan perbedaan proporsi inadekuasi asupan nutrisi pada kedua kelompok.

Kesimpulan: Tidak terdapat beda rerata asupan energi, karbohidrat, dan lemak pada kedua kelompok.

Terdapat perbedaan rerata asupan protein, kalsium, vitamin D, dan vitamin B12 pada kedua kelompok.

Belum dapat dibuktikan hubungan antara konsumsi produk susu dengan adekuasi asupan nutrisi pada populasi orang usia lanjut di Indonesia, namun didapatkan perbedaan proporsi inadekuasi asupan nutrisi yang bermakna secara klinis pada kelompok dairy user dibandingkan non- dairy user.

.....Background: Indonesia is a country with high prevalence of malnutrition, which is strongly caused by inadequacy of nutrients intakes. The problem of inadequate intakes of nutrients in Indonesia older adults is a problem with a high prevalence, high impacts, and high economic burden. Dairy products as nutrient dense foods are beneficial to improve inadequacy of nutrients intakes, and well tolerated by older adults in Indonesia. Yet, lack of data on association between dairy products consumption and nutrients intakes in this population.

Objectives: The aims of this study were to determine the difference in the mean intakes of energy and nutrients, as well as to investigate association between dairy products consumption and adequacy of

nutrients intakes in the dairy user group compared with non-dairy users in Indonesian elderly population.

**Methods:** A cross-sectional study, as a part of the Indonesian Study of Lactose Intolerance in Elderly Population was conducted in January-July 2021 using patients' data at the Geriatric Outpatient Clinic, Cipto Mangunkusumo Hospital Jakarta, with consecutive sampling. Inclusion criteria were older adults (60 years or older) and community-dwelling. Exclusion criteria were subjects with severe cognitive impairment, having clinical conditions that affected the results of the lactose intolerance test, and unwillingness to participate in the study. Bivariate analysis used t-test or chi square, in concordance with the variables. Multivariate analysis using logistic regression was performed to assess the association between milk consumption and adequacy of energy and nutrients intake, adjusted by confounding variables.

**Results:** A total of 103 participants enrolled as the subjects of this study. There were different mean intakes of protein ( $p=0.003$ ), calcium ( $p<0.001$ ), vitamin D ( $p<0.001$ ), vitamin B12 ( $p=0.002$ ) between dairy users and non-dairy users. There was no statistical significance in bivariate and multivariate analyses of association between dairy products consumption and adequate intake of energy and nutrients. Yet we found different proportions of nutrients inadequacies between dairy user (mild to moderate inadequacies) and non-dairy users (moderate to severe inadequacies).

**Conclusion:** We found pronounced different mean intakes of protein, calcium, vitamin D, and vitamin B12 in dairy users compared with non-dairy users. Although association between consumption of dairy products and adequate intake of nutrients in Indonesian elderly population cannot be confirmed, yet we found clinically important difference proportions of nutrients inadequacies between dairy user and non-dairy users.