

## Prevalens anemia dan status besi bayi usia 4 bulan dengan riwayat berat lahir kurang dari 2.500 gram di RSCM tahun 2020-2021 = Prevalence of anaemia and iron status 4 months old infants with history of birth weight less than 2.500 grams at RSCM 2020-2021

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### Abstrak

Latar belakang: Anemia defisiensi besi (ADB) merupakan salah satu masalah utama kesehatan dunia, terutama di negara berkembang, dan defisiensi besi (DB) adalah salah satu penyebab tersering anemia pada bayi dan anak. Bayi berat lahir rendah (BBLR) berisiko tinggi mengalami ADB dan dampak kesehatan seperti gangguan pertumbuhan, kekebalan tubuh, kognitif, psikomotor, dan tingkah laku.

Tujuan: Mengetahui status besi dan menganalisis berdasarkan asupan nutrisi pada bayi usia kronologis 4 bulan dengan riwayat berat lahir kurang dari 2.500 gram.

Metode: Penelitian ini dengan desain potong lintang yang dilakukan pada bayi usia kronologis 4 bulan dengan riwayat berat lahir rendah yang kontrol di poli tumbuh kembang dan pediatri sosial Kiara RSCM, pada bulan April 2020 hingga Juni 2021.

Hasil: Sebanyak 67 subyek yang diikutsertakan dalam penelitian, rerata berat lahir 1.723 g, rerata usia gestasi 33,6 minggu, bayi yang mendapatkan ASI eksklusif sebanyak 23,9%, ASI predominan 16,4% dan susu formula predominan sebanyak 59,7%. Kadar feritin pada subyek yang mendapatkan ASI eksklusif dan predominan lebih rendah dibandingkan yang mendapatkan susu formula predominan yaitu 46 (2,82-221) µg/L dibandingkan 58,8 (8-488) µg/L dengan nilai  $p = 0,199$ . Rasio prevalens bayi yang mendapatkan ASI eksklusif dan predominan mengalami DB dan ADB dibandingkan susu formula adalah 2,286 (IK 95% 1,13-4,621)  $p = 0,035$ .

Kesimpulan: Pada penelitian ini prevalens anemia 50,7%, DB 14,9%, dan ADB 13,4%. Subyek yang mendapatkan asupan ASI eksklusif dan predominan memiliki kadar feritin yang cenderung lebih rendah dibandingkan dengan susu formula predominan.

.....Background: Iron deficiency anemia (IDA) is one of the main health problems in the world, especially in developing countries, and iron deficiency (ID) is one of the most common causes of anemia in infants and children. Low birth weight (LBW) infants are at high risk of developing IDA and health impacts such as impaired growth, immunity, cognitive, psychomotor, and behavioral.

Methods: This study was a cross-sectional design conducted on infants of chronological age 4 months with a history of low birth weight who was controlled in the growth and development clinic, Kiara Cipto Mangunkusumo Hospital from April 2020 to June 2021.

Result: A total of 67 subjects were included in the study, the average birth weight was 1.723 g, the mean gestational age was 33.6 weeks, infants who received exclusive breastfeeding were 23.9%, predominantly breastfed 16.4% and predominantly formula milk was 59.7%. Feritin levels in subjects who received exclusive and predominantly breast milk were lower than those who received predominant formula milk, was 46 (2.82-221) compared to 58.8 (8-488) with  $p$  value = 0.199. The prevalence ratio of infants who were exclusively breastfed and predominantly had ID and IDA compared to formula milk was 2.28 (95% CI 1.13-4.621)  $p = 0.035$ .

>Conclusion: Prevalence of anemia in this study was 50.7%, ID 14.9%, and IDA 13.4%. Subjects who received exclusive and predominant breast milk tend to have lower ferritin levels compared to predominant formula milk.