Dietary intake and physical activity of overweight mothers having underweight under five children compared to their normal counterparts in east Jakarta

Ratna CP Armanugraha, author

Abstrak

Banization is one of the causes of dietary changes creating dual form malnutrition. Susilowati (1997) discovered this condition occurred at national level and within households in East Jakarta. Lower energy expenditure and higher energy intake were predicted as potential risk of overweight, opposite to underweight status. This cross sectional survey aimed to explore the dietary intake and physical activity which resulted dual form malnutrition by comparing overweight mothers having underweight children and their normal counterparts. In this study, 81 pairs of mothers and their under fives were recruited for dietary intake, nutritional status and physical activity assessment and divided into two groups: the case group consisting of overweight or obese mothers with their underweight children, and the normal grove comprised of normal mothers with their normal children. Repeated 3 days.24-hour recall food intake of mothers and children, as well as physical activity of mothers but only one day of physical activity data for the children, were collected followed by ale day 24-hour recall plus observation from 08.00 to 16.00 for activities of sub sample children. Mean energy and macronutrients intake of the case mothers was higher than their normal peers, but there was no statistical significant difference between groups, which might be due to under reported energy intake. Estimated BMR and energy expenditure of the case mothers were significantly higher than their normal counterparts, though there was no difference in their PAL. Notorious energy balance was discovered after subtracting energy intake and expenditure, which might be due to under-reported energy intake. After adjustment by age and sex, statistical significant difference was found in energy intake and PAL. BMR and energy expenditure of the underweight children was lower significantly in contrasted to the others. Negative energy balance was discovered among the case children, opposite to positive energy balance of the normal peers. This research was part of a Multi-center study, Dietary Transition and Health in Asia.