

## Comparison of dietary assessment methods against energy expenditure by PAL approach among selected primary school children, aged 9-11-Y-old, in Central Jakarta

Aquino, Mina Grace Cunanan, author

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### Abstrak

Malnutrition, caused by excessive and lack of nutrient intakes, and increased susceptibility to infection, is a strong contributor to increasing morbidity, mortality and poor mental development affecting millions of children worldwide. Thus, many nutrition preventive and intervention programs are targeting children to improve their nutritional status and to prevent the associated lifelong health consequences of malnutrition. Success of monitoring these intervention programs depends on accurate report of dietary intakes which in turn depends on self-reported information of individuals. Hence, dietary assessment method should be scrutinized to determine if such method provides valid measures of intakes. As no single measure of diet can be considered as entirely valid, it is the task of nutrition professionals to determine how to obtain the best possible measure of dietary intakes of individuals. Therefore, validation of dietary assessment method with a "gold standard" or against an independent marker of intakes is of great importance to determine the best strategy for collecting dietary information in children. Up to now, there is no known method on how best to assess the intakes of children in both developed and developing countries. Thus, this study has attempted to validate the widely-used and most preferred method in dietary surveys, 24-hour recall among schoolchildren in developing urban city of Central Jakarta, using the observed weighed food record as a "gold standard" and energy expenditure as a "reference" of energy intakes.

This study is divided into three (3) parts.

Part I consists of background of the study, review of related literature, research problem, rationale, research questions, objectives, hypotheses and conceptual framework.

Part II contains the MANUSCRIPT OF THE STUDY, entitled "Comparison of dietary assessment methods against energy expenditure by PAL approach among selected primary schoolchildren, 9-11-y-old, in Central Jakarta. The manuscript is written following the requirement for submission to the Asia Pacific Journal of Clinical Nutrition.

Part III encloses the APPENDICES including detailed methodology, other results of the study, questionnaires, ethical approval, informed consent, grant approval, references and curriculum vitae which were made to accomplish the whole study.