

Hubungan Status Gizi Stunting saat Balita terhadap Kejadian Obesitas saat Dewasa di Indonesia (Analisis Data Indonesia Family Life Survey Tahun 1993 dan 2014) = Stunting in Children under Five years old and Adolescent Obesity in Indonesia (Analysis of Indonesia Family Life Survey in 1993 and 2014)

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Abstrak

Obesitas merupakan permasalahan global yang semakin sering ditemukan diberbagai negara. Obesitas berkaitan erat dengan permasalahan penyakit tidak menular lainnya dan menyebabkan kematian pada 2,80 juta orang dewasa setiap tahunnya. Beberapa penelitian menemukan bahwa obesitas dapat disebabkan oleh status pertumbuhan individu pada usia dini. Sementara itu prevalensi obesitas saat dewasa di negara berkembang juga meningkat bersamaan dengan tingginya prevalensi kekurangan gizi pada masa anak-anak. Beberapa studi menunjukkan adanya fenomena catch up growth atau mengejar ketertinggalan pertumbuhan yang berdampak pada kelebihan gizi di masa depan. Tujuan dari penelitian ini adalah mengetahui hubungan status gizi stunting saat balita terhadap risiko obesitas saat dewasa di Indonesia berdasarkan analisis data Indonesia Family Life Survey tahun 1993 dan 2014. Desain penelitian adalah kohort retrospektif. Besar sampel yang digunakan adalah 588 sampel berdasarkan kriteria inklusi dan eksklusi. Hasil penelitian menunjukkan terdapat hubungan antara status gizi stunting saat balita terhadap risiko obesitas saat dewasa ($p=0,003$). Hasil analisis multivariat juga menunjukkan bahwa responden dengan status gizi stunting saat balita cenderung 1,63 (95% CI 1,18-2,27) kali berisiko mengalami obesitas saat dewasa setelah dikontrol variabel riwayat obesitas ibu, jenis kelamin, berat badan lahir, dan daerah tempat tinggal. Perlu penguatan program gizi spesifik, seperti pemeriksaan antenatal care (ANC) pada ibu hamil dan pemberian makanan tambahan bagi ibu hamil yang kekurangan energi kronis (KEK). Selain itu adanya upaya penguatan edukasi pada remaja perempuan saat mulai memasuki masa pubertas, dengan cara mengkonsumsi makanan yang tinggi protein seperti telur, susu, daging, ikan, keju, kerang dan udang. Protein nabati juga dianjurkan untuk dikonsumsi seperti tempe, tahu dan kacang-kacangan.

.....Obesity is a global problem that is increasingly found in various countries. Obesity is closely related to other non-communicable disease problems and causes death in 2,80 million adults each year. Several studies have found that obesity is also caused by an individual growth status in early age. Meanwhile, the prevalence of obesity as adults in developing countries has also increased, the prevalence of malnutrition in childhood was high. Several studies have shown that there is a catch-up growth phenomenon that results in excess nutrition in the future. The purpose of this study was to determine the relationship between stunting in childhood to the risk of obesity in adulthood in Indonesia based on analysis of Indonesia Family Life Survey data in 1993 and 2014. We used a retrospective cohort study. The sample size was 588 respondents based on inclusion and exclusion criteria. The results showed that the nutritional status of stunting in children associated with the risk of obesity in adolescent ($p=0,003$). The results of the multivariate analysis also showed that respondents with stunting nutritional status in children tended to be 1,63 (95% CI 1,18-2,27) times at risk of developing obesity in adolescent after controlling for the variables of history of maternal obesity, sex, birth weight, and area of residence. It is necessary to strengthen specific nutrition

programs, such as antenatal care examinations for pregnant women and provision of additional food for pregnant women with chronic energy deficiency. In addition, there are efforts to strengthen education for teenager when they start entering puberty, by consuming foods that consist of high protein such as eggs, milk, meat, fish, cheese, shellfish, and shrimp. Plant-based or nabati protein is also recommended for consumption such as tempe, tofu, and nuts.