

# Hubungan Asupan Energi dan Konsumsi Produk Susu dengan Status Gizi Lansia di Poliklinik Rawat Jalan Geriatri RSCM = Relationship between Energy Intake and Dairy Consumption with Nutritional Status of the Elderly at Outpatient Geriatric Clinic RSCM

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## Abstrak

Latar Belakang Jumlah lansia diperkirakan akan terus bertambah setiap tahunnya, dan erat kaitannya dengan perubahan kebutuhan gizi. Malnutrisi dapat terjadi jika kebutuhan tersebut tidak terpenuhi dan menjadi faktor risiko frailty pada lansia. Asupan energi adekuat merupakan salah satu faktor yang berhubungan dengan status gizi dan konsumsi produk susu berperan sebagai sumber protein, vitamin, dan mineral yang berperan dalam memelihara massa otot, kekuatan tulang, dan berat badan lansia. Penelitian ini dilakukan untuk mengetahui hubungan asupan energi dan konsumsi produk susu dengan status gizi. Metode Penelitian observasional analitik menggunakan desain cross-sectional yang dilakukan pada 104 lansia di komunitas berusia lebih dari 60 tahun yang terdaftar pada Poliklinik Rawat Jalan Geriatri RSCM periode April-Oktober 2019 dengan menggunakan Mini Nutritional Assessment, catatan makan 3 hari, dan semi-quantitative food frequency questionnaire (SQ-FFQ) untuk kategori susu dan olahannya. Analisis hubungan dilakukan dengan uji chi-square. Hasil Sebagian besar responden memiliki asupan energi cukup atau memenuhi 80-110% AKG. Jumlah laki-laki yang memiliki asupan energi cukup (63,2%) dan konsumsi produk susu sesuai kriteria (38,6%) lebih banyak dibandingkan perempuan. Sebanyak 64 (61,5%) partisipan tidak memenuhi konsumsi produk susu sesuai kriteria. Median (min-maks) untuk konsumsi produk susu total sebesar 44 (0-639) gram/hari. Uji chi-square menunjukkan tidak terdapat hubungan yang signifikan antara asupan energi dengan status gizi lansia ( $p = 0,339$ ) dan tidak terdapat hubungan yang signifikan antara konsumsi produk susu dengan status gizi lansia ( $p = 1,000$ ). Kesimpulan Tidak terdapat hubungan antara asupan energi dan konsumsi produk susu dengan status gizi lansia.

.....Introduction The number of elderly people is expected to keep growing annually, which is closely related to changes in nutritional needs. Malnutrition can occur if these needs are not met and become a risk factor for frailty in the elderly. Adequate energy intake is one of the factors associated with nutritional status and dairy consumption serves as a source of protein, vitamin, and mineral that play a role in maintaining muscle mass, bone strength, and the weight of the elderly. This research is conducted to analyze the relationship between energy intake and dairy consumption with nutritional status. Method An analytical observational study with cross-sectional design was conducted on 104 community-dwelling older adults aged over 60 years who were registered at the Outpatient Geriatric Clinic RSCM during April to October 2019. This study used Mini Nutritional Assessment, 3-day food record, and semi-quantitative food frequency questionnaire (SQ-FFQ) specifically for dairy products. Analyses of the relationship between variables were performed using the chi-square test. Results The majority of respondents had sufficient energy intake, meeting 80-110% of the Recommended Daily Allowance (RDA). The number of males with adequate energy intake (63.2%) and dairy consumption meeting the criteria (38.6%) was higher than that of females. A total of 64 participants (61.5%) did not meet the criteria for dairy consumption. The median (min-max) for total dairy consumption was 44 (0-639) grams per day. Chi-square tests indicated no

significant relationship between energy intake and the nutritional status of the elderly ( $p = 0.339$ ). Additionally, there was no significant relationship between dairy consumption and the nutritional status of the elderly ( $p = 1.000$ ). Conclusion There was no association between energy intake and dairy consumption with the nutritional status of the elderly in this study.