

# Hubungan asupan karbohidrat, protein dan lemak dengan wasting pada balita usia 6-59 bulan di Kecamatan Sembalun Kabupaten Lombok Timur = Association of carbohydrate, protein, and fat intake with wasting among 6-59 months old children in Sembalun Subdistrict East Lombok Regency

Dhiya Nadira, author

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## Abstrak

**Latar Belakang.** Prevalensi balita wasting di Provinsi Nusa Tenggara Barat mencapai 10%, hal ini dapat memengaruhi tumbuh kembang anak balita. Hasil penelitian sebelumnya menyimpulkan bahwa terdapat hubungan antara infeksi dan asupan nutrisi terhadap wasting. Penelitian ini ditujukan untuk mengetahui karakteristik balita, prevalensi wasting, dan asupan karbohidrat, protein, dan lemak serta hubungannya terhadap wasting pada balita di Desa Sembalun Bumbung, NTB. **Metode.** Studi potong lintang telah dilaksanakan dengan melibatkan 112 balita usia 6-59 bulan di Desa Sembalun Bumbung, Kecamatan Sembalun, Lombok Timur, NTB pada Agustus 2019. Data antropometri berupa tinggi badan dan berat badan diukur untuk menentukan status gizi. Wawancara menggunakan kuesioner dilakukan untuk mendapatkan data demografi, sedangkan untuk mendapatkan asupan makronutrien balita menggunakan multiple-pass 2x24 hour food recall terhadap ibu balita. Data antropometri diolah menggunakan WHO Anthro Survey Analyser, sedangkan kuesioner diolah dengan bantuan perangkat lunak Epidata versi 4.4. Data asupan makanan dari food recall diolah menggunakan Nutrisurvey 2004. Data dianalisis menggunakan uji Fisher's Exact Test pada SPSS versi 20. **Hasil.** Prevalensi balita wasting di Desa Sembalun Bumbung adalah 7%. Uji bivariat menyatakan bahwa asupan karbohidrat, protein, dan lemak tidak memiliki hubungan yang signifikan terhadap wasting ( $p>0.05$ ).

**Kesimpulan.** Asupan karbohidrat, lemak, dan protein tidak memiliki hubungan terhadap wasting pada balita usia 6-59 bulan di Desa Sembalun Bumbung

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**Background.** Wasting prevalence in children under-five in Nusa Tenggara Barat Province is 10%, while wasting is an important factor affecting children's growth and development. Current research shows that infection and nutrition intake affect wasting. This research is aimed to identify characteristics, prevalence of wasting, and association between carbohydrate, protein, and fat intake on wasting in children under-five at Sembalun Bumbung Village, NTB.

**Method.** A cross sectional study was conducted in Desa Sembalun Bumbung, Kecamatan Sembalun, Lombok Timur, NTB in August 2019; 112 children of 6-59 months age were recruited. Anthropometry data including height and weight was obtained to analyze nutritional status. Children's mothers were interviewed to

collect sociodemographic data and macronutrient intake through multiple multiplepass 2x24 hour food recall using food portion pictures from Indonesian Ministry of Health. Anthropometry and questionnaire data were processed using WHO Anthro Survey Analyser and Epidata version 4.4. According to Indonesian Ministry of Health Food Composition Data, macronutrient intake from dietary recall was processed using Nutrisurvey 2004. Statistical data was analyzed with Fisher's Exact Test using SPSS version 20.

**Result.** Wasting prevalence of children under-five in Sembalun Bumbung Village was 7%. Bivariate analysis showed that carbohydrate, protein, and fat intake were not statistically significant on wasting prevalence ( $p>0.05$ ).

**Conclusion.** Carbohydrate, fat, and protein intake was not associated with wasting in children under-five in Sembalunbumbung Village