Contribution of Street Food to Nutrient Intake and Contaminant Exposure Among School Children at Senen Subdistrict, Jakarta

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Abstrak

Anak sekolah menghabiskan sebagian besar aktivitas sehari-hari di sekolah. Mereka memerlukan asupan gizi yang cukup untuk pertumbuhan, pemeliharaan tubuh, dan aktivitas sehari-hari. Makanan jajanan dapat memenuhi sebagian kebutuhan gizi mereka, walaupun keamanannya masih diragukan karena mengandung kontaminan kimia. Studi ini menilai kontribusi makanan jajanan terhadap asupan gizi dan pajanan kontaminan di antara anak-anak sekolah di Kecamatan Senen. Studi ini merupakan studi potong lintang dengan metode pengambilan contoh secara purposif untuk sekolah dan acak untuk siswa kelas 4 dan 5 SD. Beberapa metode yang digunakan antara lain wawancara terstruktur, daftar ceklis makanan, 3 hari recall 24 jam, pengukuran antropometri, dan analisis kimia kontaminan. Makanan jajanan berkontribusi sekitar seperlima hingga sepertiga terhadap asupan gizi sehari. Kontaminan yang ditemukan adalah formaldehid, siklamat, dan timbal. Sebagian subjek terpajan formaldehid (9.2% jika menggunakan batas aman WHO, 77.6% jika menggunakan batas aman BPOM) dan siklamat (11.8%) di atas batas aman individual mereka.
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Abstract
School children spent most of their daily activity at school. They need adequate nutrient to provide their growth, body maintenance and daily activities. Street food can provide some nutrient for their daily need, although its safety is still doubtful due to presence of chemical contaminants. This study assessed the contribution of street food to nutrient intake and contaminant exposure among school children in Senen subdistrict, Jakarta, Indonesia. A cross sectional study was done with purposive sampling of school and students from grade 4-5 selected randomly. Several methods were used, such as structured interview, food checklist, repeated 24 hour recalls, anthropometric measurement and chemical analysis of contaminants. Street food contributed about one fifth to one third to nutrient intake. Contaminants found in this study were formaldehyde, cyclamate and lead. Some subjects were exposed to formaldehyde (9.2% using WHO cutoff, 77.6% using NADFC cutoff) and cyclamate (11.8%) above their individual safety level.