

Hubungan asupan vitamin a dan Kadar retinol dengan status anemia pada ibu hamil trimester tiga = Relationship of vitamin a and retinol serum with anemia status in third trimester pregnant women

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Abstrak

[ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan asupan vitamin A dan kadar retinol dengan status anemia pada dua kelompok ibu hamil trimester tiga, yaitu kelompok anemia dan non anemia. Penelitian ini merupakan penelitian potong lintang yang dilaksanakan di sepuluh puskesmas kecamatan Jakarta Timur dan merupakan bagian dari penelitian besar Departemen Gizi Fakultas Kedokteran Universitas Indonesia yang berjudul "Peran Gizi, Faktor Maternal dan Pelayanan Kesehatan pada Ibu Hamil Trimester Ketiga terhadap Komposisi Mikrobiota Ibu dan Berat Lahir Bayi: Studi Kohort di Jakarta". Pengambilan data dilakukan pada bulan April hingga Mei 2015. Sebanyak 113 subjek ibu hamil trimester tiga dengan usia kehamilan diatas 32 minggu ikut dalam penelitian setelah memenuhi kriteria penelitian dan dibagi dalam dua kelompok berdasarkan kadar hemoglobin yaitu anemia ($Hb < 11g/dL$) dan non anemia ($Hb \geq 11g/dL$). Setelah itu dilakukan pengukuran antropometri, wawancara asupan, pemeriksaan hemoglobin, dan serum retinol. Data yang dikumpulkan meliputi karakteristik demografi, antropometri, asupan makanan (makronutrien dan mikronutrien), kadar hemoglobin, dan kadar serum retinol. Rentang usia subjek dalam penelitian ini adalah 19-44 tahun. Sebagian besar subjek (59,6%) memiliki tingkat pendidikan menengah (lulus SMP atau SMA). Rerata usia kehamilan pada subjek penelitian ini adalah $34,32 \pm 1,86$ minggu pada kelompok anemia dan $35,18 \pm 1,73$ minggu pada kelompok non anemia. Rerata asupan protein pada kedua kelompok ibu masih berada di bawah AKG yaitu $< 77g/hari$. Rerata asupan lemak pada kelompok anemia lebih tinggi daripada kelompok non anemia ($p=0,04$). Asupan Fe kedua kelompok sudah sesuai dengan AKG yaitu $40mg/hari$ ($p=0,82$). Asupan folat pada kelompok anemia lebih rendah dan kurang dari AKG dibandingkan kelompok non anemia ($p=0,16$). Asupan vitamin B12, hampir tidak ada perbedaan rerata antara dua kelompok dan sudah sesuai dengan AKG. Median asupan vitamin A pada kelompok non anemia lebih tinggi dari kelompok anemia ($p=0,52$). Rerata kadar retinol pada kelompok anemia adalah $1,40 \pm 0,50$ dan pada kelompok non anemia adalah $1,45 \pm 0,44$. ($p=0,55$). Tidak didapatkan hasil yang bermakna setelah dilakukan analisis multivariat sebagai kontrol perancu.

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ABSTRACT

The aim of the study was to determine the relationship between vitamin A and retinol levels with anemia status in two groups of three trimester pregnant women, namely the anemic and non anemic. This was a cross-sectional study conducted in ten sub-district Government Health Centre in East Jakarta and which part of a large research department of Nutrition Faculty of Medicine, University of Indonesia, entitled "The Role of Nutrition, Maternal Factors and Maternal Health Services with the Composition of the Microbiota in Third Trimester Maternal and Infant Birth Weight : The study cohort in Jakarta". Data was collected from April until May 2015. A total of 113 third trimester pregnant women with gestational age above 32 weeks (35.0 ± 1.8) were participated in research after met the study criterions. They were divided into two groups

based on the levels of hemoglobin which were anemic ($Hb < 11g / dL$) and non anemic ($Hb \geq 11g / dL$), and continue with anthropometric examination, interview and Hb measurement. The data collected included demographic characteristics, anthropometry, food intake (macronutrients and micronutrients), hemoglobin, and serum retinol. The age range of the subjects in this study was 19-44 years old. Most subjects (59.6%) had secondary education (graduated from high school or high school). The mean gestational age of the subjects was 34.32 ± 1.86 weeks in anemic group and 35.18 ± 1.73 weeks in non anemic. Mean of protein intake in both groups are still under RDA which $< 77g/day$. The mean of fat intake in anemic group was higher than non-anemic group ($p=0.04$). Iron intake in both groups are in accordance with the RDA which $40mg/day$ ($p=0.82$). Folate intake was lower in anemia group than non-anemic group ($p=0.16$). There was no difference between vitamin B12 intake in both group and were in accordance with RDA. The median of vitamin A intake in non-anemic group was higher than non-anemic group ($p = 0.52$). The mean retinol serum levels in anemic group was 1.40 ± 0.50 and non-anemic group was 1.45 ± 0.44 . ($P = 0.55$). No significant results obtained from multivariate analysis in order to control the confounders., The aim of the study was to determine the relationship between vitamin A and retinol levels with anemia status in two groups of three trimester pregnant women, namely the anemic and non anemic. This was a cross-sectional study conducted in ten sub-district Government Health Centre in East Jakarta and which part of a large research department of Nutrition Faculty of Medicine, University of Indonesia, entitled "The Role of Nutrition, Maternal Factors and Maternal Health Services with the Composition of the Microbiota in Third Trimester Maternal and Infant Birth Weight : The study cohort in Jakarta". Data was collected from April until May 2015. A total of 113 third trimester pregnant women with gestational age above 32 weeks (35.0 ± 1.8) were participated in research after met the study criterions. They were divided into two groups based on the levels of hemoglobin which were anemic ($Hb < 11g / dL$) and non anemic ($Hb \geq 11g / dL$), and continue with anthropometric examination, interview and Hb measurement. The data collected included demographic characteristics, anthropometry, food intake (macronutrients and micronutrients), hemoglobin, and serum retinol. The age range of the subjects in this study was 19-44 years old. Most subjects (59.6%) had secondary education (graduated from high school or high school). The mean gestational age of the subjects was 34.32 ± 1.86 weeks in anemic group and 35.18 ± 1.73 weeks in non anemic. Mean of protein intake in both groups are still under RDA which $< 77g/day$. The mean of fat intake in anemic group was higher than non-anemic group ($p=0.04$). Iron intake in both groups are in accordance with the RDA which $40mg/day$ ($p=0.82$). Folate intake was lower in anemia group than non-anemic group ($p=0.16$). There was no difference between vitamin B12 intake in both group and were in accordance with RDA. The median of vitamin A intake in non-anemic group was higher than non-anemic group ($p = 0.52$). The mean retinol serum levels in anemic group was 1.40 ± 0.50 and non-anemic group was 1.45 ± 0.44 . ($P = 0.55$). No significant results obtained from multivariate analysis in order to control the confounders.]