

Indeks masa tubuh dan konsumsi nutrisi pada populasi autis yang mendapat pendidikan di sekolah khusus penyandang autis

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Abstrak

Body mass index is commonly used as a measure of nutritional status. Changes in body mass index is not only be associated with normal growth and development but also associated with individual health risk. Autistic child suffer from a self-centered mental state from which reality tent to be excluded. All aspect associated with health maintenance in autistic children are mostly depending on other. This study is aimed to assess body mass index and nutrients consumption of autistic children who study in special school in Malang which is specially designed for autistic child. All students were recruited for the study. Height was measured using a digital scale while microtoise was used to determine body weight. A 24 hour recall food consumption method was applied in this study by interviewing their teachers, parents and other individual who involved in nursing the child. Sibling with the nearest age and living in the same house is used as control population. Data collected was analyzed using the student t'test or chi-square if necessary. This study found that the autistic children showed to have a higher body mass index, consumed higher high energy food and drink more water compare to that of the control population.