

Status gizi balita berdasarkan composite index of anthropometric failure

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Abstrak

Upaya menurunkan prevalensi kurang gizi pemerintah membuat program Keluarga Sadar Gizi (Kadarzi). Cakupan Kadarzi Kota Depok tahun 2011 rendah (12,7%) dan prevalensi gizi kurang, pendek, kurus berturut-turut 7,89%, 7%, 4,75%. Penelitian bertujuan mengetahui faktor dominan terhadap status gizi balita 6-59 bulan berdasarkan Composite Index of Anthropometric Failure (CIAF). Penelitian menggunakan data sekunder hasil survei Kadarzi 2011. Survei dilakukan di sebelas kecamatan Kota Depok menggunakan desain cross sectional. Sampel sebanyak 1.176 keluarga yang memiliki balita termuda umur 6-59 bulan. Variabel yang diteliti adalah status gizi balita, perilaku Kadarzi, status Kadarzi, karakteristik balita, dan karakteristik keluarga. Hasil penelitian menunjukkan prevalensi balita gagal tumbuh 31%. Terdapat dua variabel yang memberikan pengaruh status gizi balita secara bersama-sama yaitu penimbangan balita (nilai $p = 0,003$) dan pendidikan ibu (nilai $p = 0,034$). Uji regresi logistik ganda menunjukkan penimbangan balita sebagai faktor dominan terhadap status gizi balita. Balita yang ditimbang tidak teratur berisiko 1,5 kali mengalami gagal tumbuh dibandingkan yang ditimbang teratur. Indeks CIAF berguna untuk mengetahui prevalensi gizi kurang secara keseluruhan dan penanggulangannya. Diperlukan penyuluhan dan promosi yang lebih aktif kepada masyarakat mengenai pentingnya pemantauan pertumbuhan balita melalui posyandu dan melakukan pembinaan kader posyandu dalam pemantauan status pertumbuhan anak sebagai deteksi dini adanya gangguan pertumbuhan.

<hr>Effort to reduce malnutrition governments make Keluarga Sadar Gizi (Kadarzi). Kadarzi in Depok 2011 still low (12,7%) and the prevalence of underweight, stunting, wasting are respectively 7,89%, 7%, 4,75%. This study aimed to determine the dominant factor for nutritional status of children based on Composite Index of Anthropometric Failure (CIAF). Status Gizi Balita Berdasarkan Composite Index of Anthropometric Failure Children Nutritional Status Based on Composite Index of Anthropometric Failure Nurani Rahmadini, Trini Sudiarti, Diah Mulyawati Utari Research using secondary data survey Kadarzi 2011. The survey was conducted using a cross sectional study in 11 districts. Samples of 1,176 families who have children youngest aged 6-59 months. The variables studied were the nutritional status, Kadarzi behaviors, Kadarzi status, children characteristics, and family characteristics. Results showed prevalence of growth faltering (31%). There are two variables that influence nutritional status, child's weighing (p value = 0,003) and mother's education (p value = 0,034). Multiple logistic regression analysis show child's weighing as a dominant factor to the nutritional status of children. Children who are weighed not regularly are more risky 1,5 to get growth faltering then children who are weighed regularly. CIAF is useful to determine prevalence of undernutrition clearly and its solution. Counseling and promotion about child's growth monitoring are required as early detection of growth faltering.