

Hubungan status kesehatan gigi dan mulut serta kemampuan mastikasi self-assessed terhadap status nutrisi lansia = Association between oral health status and self assessed masticatory ability with nutritional status among elderly

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Abstrak

Tujuan: Tujuan penelitian ini adalah untuk mencari hubungan antara status kesehatan gigi dan mulut serta kemampuan mastikasi terhadap status nutrisi pada lansia. **Metode:** Penelitian potong lintang yang dilakukan di 9 kegiatan posbindu lansia yang berada di beberapa wilayah di DKI Jakarta. Jumlah subjek lansia ialah sebanyak 177 subjek yang datang ke kegiatan posbindu lansia. Subjek penelitian dilakukan pemeriksaan klinis standar WHO oleh dua orang pemeriksa, pengukuran antropometri BMI, serta wawancara kuesioner Mini Nutritional Assessment MNA dan penilaian kemampuan mastikasi secara subjektif. **Hasil:** Prevalensi karies pada 177 subjek lansia berusia 60 tahun ke atas sebesar 84,7 dengan nilai DMF-T 13,88. Ditemukan bahwa 56,8 subjek masih memiliki 20 gigi atau lebih dan 50,8 subjek memiliki kemampuan mastikasi yang baik. Didapatkan pula bahwa 58,8 subjek memiliki status nutrisi yang baik berdasarkan MNA dan 47,5 subjek tergolong kelebihan berat badan berdasarkan BMI. Hasil uji korelasi menunjukkan bahwa terdapat hubungan yang bermakna antara skor DMF-T, M-T, jumlah gigi yang tersisa, jumlah gigi sehat, dan kemampuan mastikasi dengan status nutrisi berdasarkan MNA, sedangkan skor DMF-T dan jumlah gigi sehat memiliki hubungan yang bermakna dengan status nutrisi berdasarkan BMI. **Kesimpulan:** Terdapat hubungan antara status kesehatan gigi dan mulut dan kemampuan mastikasi self-assessed terhadap status nutrisi pada lansia.

Objective: The aim of this study is to evaluate the association between oral health status and masticatory ability with nutritional status in elderly. **Methods:** This cross sectional study was performed in 9 community health centers in several regions in Indonesia rsquo s capital, Jakarta. The study population involved 177 independently living elderly aged 60 and above. Assessment of oral health status was carried out by two examiners. Masticatory ability was assessed by interviewing subjects. Nutritional status was assessed by anthropometric measurement BMI and Mini Nutritional Assessment MNA by interview method. **Results:** The caries prevalence of 177 independent elderly subjects is 84,7 , with a DMF T socre of 13,88. One half of the participants still has 20 teeth or more which corresponds to the number of participants with good masticatory ability 50,8 . According to MNA screening, 58,8 of subjects has normal nutritional status and 47,5 of subjects are overweight according to BMI screening. There was a significant association between DMF T score, amount of tooth loss M T , number of remaining teeth, number of sound teeth, and masticatory ability with nutritional status according to MNA score. DMF T score dan number of sound tooth was also significantly associated with BMI. **Conclusion:** Oral health status and masticatory ability was associated with nutritional status in elderly.