Dietary plant food and socioeconomic determinants of vitamin A status : study in rural lactating woman during crisis in Central Java

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Abstrak

Program jangka panjang, dengan "pendekatan berbasis pangan" untuk penanggangan kekurangan vitamin A (KVA) semakin penting peranannya. Telah dilakukan penelitian dalam rangka sistim pemantauan Vitamin A di Jawa Tengah yanig menghubungkan asupan vitamin A dengan kadar serum retinal pada ibu-ibu laktasi dengan Batita (anak bawah tiga tahun) selama krisis. Median asupan vitamin A 319 RE/d buta senja : 0,34%. Kadar serum retinal (rerata 1,23 jMnol/L} berhubungan dengan asupan vitamin A model multiple logistic regresi untuk memprediksikan peluang terjadinya pengaruh berbagai faktor determinant menunjukkan : Asupan vitamin A dari pangan nabati (OR/95% Cl] per quartile, 1 : LOO, 2': 1,63 fO.99-2.80/, 3rd: 1.99 11,58-2,991, dan 4'1': 2.62 [1,68-4,04], dari pangan hewani (V dan T1: 1,00. 3 : 137 [0,89-2,09] dan 4'h: 2,86 [1,59-3,98 j). Kebun gizi (tidak 1.00, ya 1.88 f1,08-2,68J) dan pendidikan ibu (<SD, > sekolah lanjutan: 1,46 /1,00-2.16J). Kontribusi asupanan vitamin A sumber nabati 16 kali lebih besar dibanding sumber hewani, sama pentingnya dalam mempengaruhi status vitamin A. Kebun gizi dan tingkat pendidikan ibu merefleksikan konsumsi pangan sumber nabati dan hewani dalam jangka panjang. (MedJ Inidones 2006; 15:259-66)

<hr>For the Longer term food-based approaches for controlling vitamin A deficiency and its consequences, become increasingly important. A nutrition survailance system in Central-Java, Indonesia assessed vitamin A intake and serum retinal concentration of lactating women with a child <36 mo old during crisis. Median vitamin A intake was 319 RE/d and night blindness 0,34%. Serum retina! concentration (mean : 1,23 jMnol/L] was related to vitamin A intake in a dose-concentration manner. The multiple logistic regression model for predicting the chance far a scrum retinal concentration > observed median of the population (27,27 funol/L) intended determinant factors, vitamin A intake from plant foods (OR/95% Cl) per quarttie, 1" : 1.00, 2"d: 1.63 [0.99-2,80], 3nl: 1.99 [1.58-2,99], and /": 2,62 [1,68-4,04], from, animal foods (T and 2"": 1,00. 3"': 1,37 [0,89-2,09] and 4th: 2,86 [1,59-3,98]). Home gardening (no 1,00, yes 1.88 f 1,08-2.68}) and woman's education level (< primary school : 1,00 >secondary school: 1,46 [1,00-2,16]). Tints, although contributing 16 times more to total vitamin A intake plant foods were as important for vitamin A status as animal foods. Home gardening and woman's education level seem to reflect longer-term consumption of plant and animal foods respectively. (Med J Indones 2006; J 5:259-66)