

Micronutrients status among female adolescents having Low Birth Weight history

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Abstrak

Low birth weight (LBW), iron deficiency anemia (IDA), vitamin A deficiency (VAD), and iodine deficiency disorder (IDD) are still serious public health problems in Asia Pacific region. LBW newborns have some micronutrient deficiencies, such as vitamin A, iron, and iodine. Studies on micronutrient status among female adolescents aged 12-15 y are still limited, particularly those who having birth weight history. For that reason, research on micronutrient status among female adolescents having low birth weight history was performed. The study design was nested cohort retrospective community based.

The subjects were chosen by simple randomization, based on their cohort record collected by Frontiers for Health Foundation, Padjajaran University, Bandung. The assessment of micronutrient status (Hb, plasma retinol and urinary iodine excretion), anthropometrics measurement, history of diseases, and food intake were done among female adolescents with low birth weight (LBW) and normal birth weight (NBW) history. The prevalence of IDA, VAD, and iodine deficiency among all female adolescents were 9.9%, 12.9% and 40.7%, respectively. The mean concentrations of blood hemoglobin, plasma retinol and urinary iodine excretion were not significantly different between LBW and NBW group. Nutritional status, diseases during the last three months, current nutritional status, food intake, and onset of menstruation were not significantly different between groups. In conclusion, micronutrients status, nutritional status, food intake and morbidity status in female adolescents with LBW and NBW history were not different.