

Hubungan Kualitas Diet menggunakan Healthy Eating Index (HEI) dengan Kejadian Stunting pada Anak Balita usia 12-59 bulan di Kab. Bogor = Quality of diet using Modified Healthy Eating Index (HEI) associated with Stunting Children aged 12-59 months in Bogor Regency, 2019

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Abstrak

Praktik pemberian makan yang memiliki kualitas baik berdasarkan pedoman masih jauh dari optimal di beberapa negara berkembang. Bukti mengenai hubungan kualitas makanan dengan status gizi sangat beragam. Beberapa penelitian sebelumnya menggunakan HEI sebagai indikator menentukan kualitas diet anak. Berdasarkan laporan Riskesdas tahun 2018, Indonesia merupakan negara urutan keempat dengan prevalensi stunting yang tertinggi di dunia (30,8%). Penelitian ini dilakukan untuk mengetahui gambaran dan hubungan antara kualitas diet menggunakan modifikasi HEI dengan kejadian stunting pada balita usia 12-59 bulan di Kecamatan Babakan Madang, Kabupaten Bogor. Desain penelitian yang digunakan adalah cross sectional. Sampel pada penelitian ini berjumlah 458 balita. Penelitian ini dilakukan pada bulan Mei sampai Agustus 2019. Pengumpulan data dilakukan dengan pengukuran tinggi badan, panjang badan, wawancara dengan kuesioner dan lembar recall 1x24 jam. Analisis data dilakukan dengan uji chi square. Hasil penelitian menunjukkan bahwa prevalensi stunting usia 12- 59 bulan di Kecamatan Babakan Madang sebesar 44,8% berdasarkan TB/U. Analisis uji statistik menunjukkan hubungan yang bermakna antara panjang lahir setelah dikontrol dengan berat lahir, kualitas diet (OR: 9,72, 95%CI 2,39-19,6, $p < 0,05$), dan asupan protein dengan kejadian stunting. Komponen yang paling dominan pada HEI dengan kejadian stunting adalah keragaman pangan (OR: 2,0, 95% CI 1,23-3,24, $p < 0,05$).

.....Good quality feeding practices based on guidelines are far from optimal in some developing countries. Evidence regarding the quality of diet with nutritional status has been diverse, but no information is available to link diet quality and stunting in childhood that researcher found. Some previous studies using HEI as an indicator determine the quality of children's diet. Based on Basic National Survey Report (Riskesdas) in 2018, Indonesia has the world's fourth highest incidence of stunting (30,8%). This study was conducted to determine the description and association between diet quality using modified HEI with the incidence of stunting in children aged 12-59 months in Babakan Madang District, Bogor Regency. Cross sectional design was used in this study. The sample in this study were 458 children aged 12-59. This study was conducted in May to August 2019. Data collection was carried out by measuring height, body length, interview with questionnaire and 1x24 hours recall sheet. The results showed that the prevalence of stunting based on height-for-age at 12-59 months in Babakan Madang district was 44.8%. Statistical analysis showed that the relationship was described between birth length after being controlled with birth weight, diet quality (OR: 9,72, 95% CI 2.39-19.6, $p < 0.05$), and protein intake with stunting. The most dominant component of HEI towards stunting incidence was dietary diversity (OR: 2.0, 95% CI 1.23-3.24, $p < 0.05$).