NUTRITION INTAKE AMONG STUNTING TODDLER IN CIMAHI URBAN VILLAGE

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ABSTRACT

Stunting was a state of height/length-for-age index below minus two standard deviations based on the WHO standard. Nutritional intake is one of the factors that directly influence the incidence of stunting. This study aims to analyze nutritional intake and consumption of nutrient sources in stunting infants in Cimahi Urban-Village. The study uses a cross-sectional design with descriptive research methods. The populations are 172 stunting toddlers using random sampling area and took 64 toddlers as respondent. Data collection was done through interviews using 24-hour food recall form and food frequency questionnaire. This study was carried out on December 6, 2018 - May 14, 2019.

Table 1. Nutrition Intake

variabel	1 – 3	4 – 5	variabel	1 – 3	4 – 5
Protein (g)			Phosphor (mg)		
average intake	8.42	4.75	average intake	294.29	221.36
suggestion (RDA)	40	45	suggestion (RDA)	500	500
maximal	71.87	28.72	maximal	1229.50	406.40
minimal	0.41	1.07	minimal	57.92	85.09
Fat (g)			Iron (mg)		
average intake	15.84	16.32	average intake	4.01	4.12
suggestion (RDA)	44	62	suggestion (RDA)	8	9
maximal	42.31	25.45	maximal	10.84	7.37
minimal	1.45	9.94	minimal	0.77	1.74
Carbohydrate (g)			Vitamin A (mcg)		
average intake	73.80	83.26	average intake	251.82	312.30
suggestion (RDA)	155	220	suggestion (RDA)	400	450
maximal	104.35	134.94	maximal	749.41	1001.68
minimal	34.02	45.02	minimal	21.84	120.59
Calsium (mg)			Vitamin C (mg)		
average intake	290.48	177.66	average intake	8.42	4.75
suggestion (RDA)	650	1000	suggestion (RDA)	40	45
maximal	1410.44	535.50	maximal	71.87	28.72
minimal	14.73	29.89	minimal	0.41	1.07

The results showed protein intake in the age group 1-3 years categorized as mild deficit and age group 4-5 years categorized as a severe deficit. Intake of fat, carbohydrates, calcium, phosphor, iron, vitamin A and vitamin C are categorized as severe deficits. Sources of nutrients that are often consumed include eggs consumed by age groups 1-3 years 5 times/week and age groups 4-5 years 4 times/week, oil consumed 1 time/day, rice consumed 2 times/day, milk consumed by age groups 1-3 years 5 times/week and the age group 4-5 years 3 times/week, chicken consumed 3 times/week and papaya consumed once/week. The recommendation is to hold assistance for parents of stunting toddler by posyandu cadres regarding the selection of food ingredients and the portion provided to suit the nutritional adequacy of the toddler.

Keywords: consumption of nutrient sources, nutrition intake, stunting toddler, food recall, public health



Biography

I graduated from Indonesia University of Education with Bachelor of Education Degree. I took Culinary Education as my major and Dietetics as my specialization. I have been focusing on work about food innovations and recently I grow my interest about public health as in my research. In the future I'd love to do a project about public health in a bigger scope with the current urgency.

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