

INTISARI

Kehilangan gigi merupakan permasalahan kesehatan rongga mulut utama pada lanjut usia, dimana penyebab utamanya adalah karies dan penyakit periodontal. Asupan nutrisi berperan sangat penting bagi kesehatan rongga mulut. Pola makan yang rendah nutrisi dapat menyebabkan infeksi dan lesi oral termasuk penyakit periodontal. Tujuan penelitian ini adalah untuk mengkaji hubungan antara asupan nutrisi dengan jumlah gigi pada lanjut usia di Kabupaten Sleman Yogyakarta.

Penelitian *cross sectional* telah dilakukan pada 144 lanjut usia berusia ≥ 60 tahun yang diperoleh dengan teknik *random sampling* melalui wawancara dan pemeriksaan klinis. Instrumen penelitian yang digunakan adalah formulir FFQ. Analisis data menggunakan uji *Spearman's rho (two-tailed)*, *Mann-Whitney*, *Kruskall-Wallis*, serta uji regresi linear berganda,

Hasil analisis menunjukkan bahwa terdapat hubungan yang signifikan antara asupan karbohidrat dengan jumlah gigi ($p=0,015$; $\beta=-0,193$) meskipun telah disesuaikan dengan variabel perancu yang meliputi asupan energi, tingkat penghasilan, tingkat pendidikan, status merokok, kebiasaan menyikat gigi, dan IMT. Kesimpulan penelitian ini adalah karbohidrat berhubungan dengan jumlah gigi pada lanjut usia di Kabupaten Sleman Yogyakarta. Semakin banyak asupan karbohidrat yang dikonsumsi maka jumlah gigi yang dimiliki semakin sedikit.

Kata Kunci: asupan nutrisi, jumlah gigi, lanjut usia

ABSTRACT

Tooth loss is a major oral health problem in elderly, where the main causes are caries and periodontal disease. Nutritional intake plays a very important role for oral health. A low-nutrient diet can lead to infections and oral lesions including periodontal disease. The main aim of this study was to examine the relationship between nutritional intake and the number of teeth among the elderly.

The cross-sectional study was carried out on 144 elderly people aged ≥ 60 years old who were obtained by random sampling technique. FFQ form was used to measure nutrition intake through interviews, while the number of teeth was measured by clinical examination. The data was subjected to statistical analysis by Spearman's rho (two-tailed), Mann-Whitney, Kruskal-Wallis, and multiple linear regression.

The result showed that nutritional intake significantly correlated with number of teeth for the elderly in Sleman Regency ($p=0,015$; $\beta=-0,193$), although it has been adjusted for confounding factors, such as energy intake, income level, degree of education, smoking status, tooth brushing frequency, and BMI. In conclusion, nutritional intake is associated with the number of teeth in elderly in Sleman Regency. The increase of carbohydrates intake might have an impact on decreasing number of teeth.

Keywords: nutritional intake, number of teeth, elderly