

Gambaran Kebiasaan Makan pada Tenaga Kesehatan di Soerojo Hospital Magelang

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ABSTRAK

Latar Belakang: Tenaga kesehatan (nakes) merupakan kelompok dengan risiko infeksi COVID-19 paling tinggi. Intervensi berupa implementasi pola makan sehat dapat membantu menjaga sistem imun tenaga kesehatan dan diharapkan para nakes dapat mengimplementasikan rekomendasi tersebut pada kondisi kebiasaan baru saat ini. Namun, penelitian yang menggali pelaksanaan rekomendasi pola makan sehat di Soerojo Hospital belum pernah dilaksanakan sebelumnya.

Tujuan Penelitian: Mengidentifikasi pola makan dan kebiasaan makan nakes di Soerojo Hospital Magelang pada kondisi kebiasaan baru.

Metode Penelitian: Penelitian menggunakan metode kuantitatif deskriptif dengan pendekatan survei di Soerojo Hospital Magelang pada bulan Juni – Juli 2022 (n=265 orang). Pengumpulan data dilaksanakan secara daring menggunakan kuesioner pola makan dan *Adult Eating Behaviour Questionnaire* (AEBQ). Analisis data meliputi analisis univariat untuk mengetahui sebaran dan interpretasi data.

Hasil Penelitian: Sebanyak 68% nakes makan 3 kali sehari, sering sarapan (61%), sering mengonsumsi selingan di antara waktu makan utama (75%), mengonsumsi buah 3-5 kali per minggu (54%), sayur setiap hari (64%), sering minum air putih setelah makan (85%), dan jarang mengonsumsi suplemen (91%). Berdasarkan AEBQ, kebiasaan makan nakes cenderung ke arah *food approach* (konsumsi makan berlebihan).

Kesimpulan: Nakes di Soerojo Hospital belum melaksanakan pola makan sesuai berbagai rekomendasi dan kebiasaan makan nakes cenderung makan berlebihan yang dapat meningkatkan risiko status gizi lebih.

Kata Kunci: Tenaga kesehatan, Pola makan, Kebiasaan makan, AEBQ, COVID-19, *New normal*

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DIETARY HABITS OF HEALTHCARE WORKERS IN SOEROJO HOSPITAL MAGELANG

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ABSTRACT

Background: The risk of COVID-19 infection towards healthcare workers (HCW) due to occupational exposure remains significantly high. Intervention such as healthy diet has been recommended to maintain optimal immune system. HCWs are expected to implement the recommendations especially in this new normal era. However, there has not been research to assess this implementation by HCWs in Soerojo Hospital Magelang.

Objective: To describe the dietary patterns and dietary habits of healthcare workers in Soerojo Hospital in the new normal adaptation.

Method: Quantitative descriptive data of HCWs in Soerojo Hospital Magelang (n=265) using validated dietary pattern questionnaire and *Adult Eating Behaviour Questionnaire* (AEBQ). The data were obtained from June to July 2022 using online survey. The data were analyzed through univariate analysis.

Results: HCW eats 3 times a day (68%), often eats breakfast (61%), often eats snacks between meals (75%), eats fruits 3-5 times a week (54%), vegetables (64%), often drinks water after meals (85%), and has rare supplement intake (91%). Based on ABEQ, HCW is prone towards food approach.

Conclusion: HCWs in Soerojo Hospital has not implemented the recommended healthy diet based on Indonesia Health Ministry's recommendations and shows a food approach trait that increases the risk of overweight.

Keywords: Healthcare workers, Dietary habits, Dietary patterns, AEBQ, COVID-19, New normal

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