

## INTISARI

Karies merupakan salah satu masalah kesehatan yang sering dialami anak-anak. BB/TB merupakan indikator status gizi yang direkomendasikan oleh Kementerian Kesehatan dan WHO, karena lebih sensitif untuk mendeteksi terjadinya kejadian *wasting*. Faktor risiko terjadinya karies dan gangguan gizi dapat saling berkaitan. Metode CAMBRA merupakan salah satu metode yang digunakan untuk melakukan penilaian risiko karies, melalui faktor risiko yang mungkin dimiliki seorang anak.

Penelitian yang dilakukan bertujuan untuk mengetahui pengaruh status gizi terhadap pengalaman dan risiko karies, ditinjau melalui metode CAMBRA. Jenis penelitian yang dilakukan adalah *cross sectional* observasioanl. Status gizi responden dikelompokkan menjadi 3, yakni gizi kurang, lebih, dan normal. Penilaian pengalaman karies dengan dmft dan risiko karies dinilai melalui metode CAMBRA. Penelitian dilakukan pada 90 responden.

Hasil uji *Kruskall Wallis* didapatkan bahwa terdapat pengaruh status gizi terhadap pengalaman karies ( $p < 0,05$ ). Hasil uji *Post Hoc* menunjukkan perbedaan karies yang signifikan ( $p < 0,05$ ) pada perbandingan status gizi kurang dengan gizi lebih dan normal. Pada perbandingan karies gizi normal dan lebih tidak terjadi signifikansi ( $p > 0,05$ ). Hasil uji *Chi Square* menunjukkan terdapat perbedaan risiko karies yang signifikan ( $p < 0,05$ ) antar kelompok gizi. Namun uji *Chi-Square* tersebut hanya berlaku pada populasi penelitian karena nilai *effect size* dan *power analysis* yang kecil.

Hasil observasi menggunakan metode CAMBRA didapatkan hasil bahwa faktor risiko yang paling banyak ditemukan adalah faktor risiko lingkungan yang terdiri dari kebiasaan mengonsumsi camilan dan pengalaman karies orang tua, serta adanya indikator penyakit yang ditandai adanya karies pada subyek penelitian.

Kata kunci: status gizi, pengalaman karies, risiko karies, metode CAMBRA

## ABSTRACT

Dental caries is one of the most common health problems experienced by children. Weight-for-height (W/H) is a nutritional status indicator recommended by the Ministry of Health and the World Health Organization (WHO), as it is more sensitive in detecting wasting. The risk factors for caries and nutritional disorders may be interrelated. The CAMBRA (Caries Management by Risk Assessment) method is one of the approaches used to assess caries risk based on potential risk factors present in a child.

This study aimed to determine the influence of nutritional status on caries experience and caries risk, assessed using the CAMBRA method. The research employed a cross-sectional observational design. The nutritional status of respondents was categorized into three groups: underweight, overweight, and normal. Caries experience was assessed using the dmft index, while caries risk was evaluated using the CAMBRA method. The study was conducted on 90 respondents.

A significant association was found with caries experience ( $p < 0.05$ ). Post hoc analysis revealed a significant difference in caries occurrence ( $p < 0.05$ ) between the undernourished group and both the overweight and normal nutritional status groups. No significant difference was observed between the normal and overweight groups ( $p > 0.05$ ). The Chi-square test indicated a significant difference in caries risk among nutritional status groups ( $p < 0.05$ ). However, the result of the Chi-square test should be interpreted with caution, as it applies only to the study population due to the small effect size and limited statistical power.

The observation using the CAMBRA method revealed that the most prevalent risk factors were environmental factors, which included snacking habits and parental history of caries, as well as the presence of disease indicators characterized by existing carious lesions in the study subjects.

**Keywords:** nutritional status, caries experience, caries risk, CAMBRA method