

DAYA TERIMA DAN ASUPAN *READY-TO-USE THERAPEUTIC FOOD* BERBASIS JAGUNG DAN KEDELAI (RUTF-JK) OLEH BALITA GIZI BURUK USIA 12-59 BULAN DI KOTA YOGYAKARTA

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ABSTRAK

Latar belakang: Prevalensi malnutrisi pada anak usia bawah lima tahun (balita) baik di dunia maupun di Indonesia masih tinggi. Saat ini mulai digalakkan upaya penanggulangan gizi buruk yang berbasis masyarakat (*community-based treatment*). *Ready-to-use Therapeutic Food* (RUTF) menjadi salah satu alternatif makanan formula yang dapat diberikan kepada balita gizi buruk pada penanggulangan gizi berbasis masyarakat. Penggunaan kedelai dan jagung sebagai bahan RUTF dapat memaksimalkan potensi bahan lokal yang ada di Indonesia.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui daya terima dan asupan *Ready-to-use Therapeutic Food* berbasis jagung dan kedelai (RUTF-JK) oleh balita gizi buruk.

Metode penelitian: Penelitian ini dilakukan dengan metode *randomized controlled trial with cross-over design*. Sebanyak 12 balita gizi buruk usia 12-59 bulan di Kota Yogyakarta dirandom alokasi untuk diberikan intervensi berupa RUTF-JK dan Formula 100 (F-100). Intervensi dilakukan selama masing-masing 1 minggu tanpa diberi *washed out period*. Daya terima dan asupan subjek diukur pada akhir masing-masing intervensi.

Hasil: Asupan RUTF-JK yang hanya sebanyak 28,10% (20,80) [95% CI: 14,89-41,32] lebih rendah dibandingkan dengan asupan F-100 yang sebanyak 49,46% (18,73) [95% CI: 37,56-61,36]. Asupan RUTF-JK tidaklah lebih baik dibandingkan dengan F-100 ($p=0,9926$, *one-tailed*). Meskipun asupan RUTF-JK lebih rendah, namun tidak terdapat perbedaan yang signifikan pada daya terima antara RUTF-JK dan F-100, baik yang dikelompokkan berdasarkan usia (≤ 24 bulan dan > 24 bulan) maupun yang tidak ($p=0,242$ dan $p=0,193$). Tidak ada perbedaan yang signifikan pada kenaikan berat badan antarkelompok perlakuan ($p=0,1426$).

Kesimpulan: Asupan RUTF-JK tidak lebih baik bila dibandingkan dengan F-100. Baik F-100 dan RUTF-JK sama-sama memiliki daya terima yang termasuk dalam kategori sedang oleh balita gizi buruk.

Kata kunci: malnutrisi, gizi buruk, RUTF, F-100, jagung, kedelai, RUTF-JK

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ACCEPTABILITY AND INTAKE OF CORN AND SOYBEAN-BASED READY-TO-USE THERAPEUTIC FOOD (RUTF-JK) ON SEVERELY MALNOURISHED CHILDREN AGE 12-59 MONTHS IN KOTA YOGYAKARTA

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ABSTRACT

Background: Prevalence of malnutrition in children under 5 years old is still high in Indonesia. Community-based management for treatment of severe-acute malnutrition has been promoted recently. Ready-to-use Therapeutic Food (RUTF) has been one of alternative food formula that is given for severely malnourished children on community-based treatment for malnutrition. The use of soybean and corn as ingredients of RUTF can maximize the potential of local food in Indonesia.

Objective: The aims of this study were to know the acceptability and intake of corn and soybean-based Ready-to-use Therapeutic Food (RUTF-JK) on severely malnourished children.

Method: This study was randomized controlled trial with cross-over design. Twelve severely malnourished children age 12-59 months in Kota Yogyakarta were randomized into two group of interventions which were RUTF-JK dan Formula 100 (F-100). Duration of intervention was 1 week for each food formula without washed-out period. The acceptability and intake of subject were measured at the end of each intervention period.

Results: Intake of RUTF-JK was lower than F-100 (28,10% (20,80) [95% CI: 14,89-41,32] vs 49,46% (18,73) [95% CI: 37,56-61,36]). The intake of RUTF-JK was no better than F-100 ($p=0,9926$, *one-tailed*). Despite of the lower intake of RUTF-JK, there was no significant different on the acceptability between RUTF-JK and F-100 ($p=0,193$). Acceptability of RUTF-JK and F-100 was also not significantly different ($p=0,242$) when the subjects were divided in two groups of age (≤ 24 mos and > 24 mos). As for weight gain, there was also no significant different between the two groups ($p=0,1426$).

Conclusion: The intake of RUTF-JK was no better than F-100 but both have the same regular acceptability by severely malnourished children.

Keyword: malnutrition, RUTF, F-100, corn, soybean, RUTF-JK

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