

HOME FOOD ENVIRONMENT AND RISK FACTOR OF OBESITY IN PRESCHOOL CHILDREN IN KOTA YOGYAKARTA

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ABSTRACT

Background: The prevalence of obesity in preschool children increased, and one factor believed to be the cause of obesity is the home food environment (HFE). HFE variables included home food availability status, frequency of eating together, and maternal eating practices give an effect on food intake. It may lead to obesity in children, consequently.

Objective: To analyze the risk of home food environment variables to obesity in preschool children aged 3-5 years.

Methods: This study was a matched case-control study. Case of this study was obese preschool children (Z -score WHZ > 2 SD), and control of this study was non-obese preschool children (Z -score WHZ $-2 \leq SD \leq 2$). Based on the nutritional status screening result of 53 early childhood education (ECD) schools on 13 sub-districts in Kota Yogyakarta, there were 101 obese children and 101 non-obese children participated in this study. Those schools were chosen by cluster sampling method and PPS (Probability Proportional to Size). Besides, control group was taken by an age and gender matching with the case group. Information about home food availability status, frequency of eating together, and parent eating practices were collected using questionnaire. The data were analyzed using Mc-Nemar test and conditional logistic regression.

Results: Home food availability status (OR=1.85; $p=0.03$; 95% CI=1.08-3.16), frequency of eating together (OR=2.27; $p=0.03$; 95% CI=1.14-4.53), and maternal eating practices (OR=2.45; $p=0.01$; 95% CI=1.25-4.84) were the risk factor of obesity in preschool children aged 3-5 years.

Conclusion: Home food environment variables included home food availability status, frequency of eating together, and maternal eating practices increase the risk of obesity in preschool children aged 3-5 years.

Keywords: *home food availability, frequency of eating together, maternal eating practices, obesity, preschool*

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HOME FOOD ENVIRONMENT SEBAGAI FAKTOR RISIKO KEGEMUKAN PADA ANAK PRASEKOLAH DI KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Prevalensi kegemukan pada anak prasekolah semakin meningkat. Salah faktor yang dipercaya menjadi penyebab kegemukan adalah *home food environment* (HFE). Aspek penyusun HFE, seperti status ketersediaan makanan, frekuensi makan bersama, dan perilaku makan ibu berpengaruh pada asupan makan dan akhirnya menyebabkan kegemukan pada anak.

Tujuan: Menganalisis besar risiko aspek penyusun *home food environment* terhadap kegemukan pada anak prasekolah usia 3-5 tahun.

Metode: Penelitian ini merupakan penelitian *matched case control*. Kasus adalah anak prasekolah yang gemuk (*Z-score* BB/TB >2 SD), kontrol adalah anak prasekolah gizi normal (*Z-score* BB/TB $-2 \leq SD \leq 2$). Sebanyak 101 anak gemuk dan 101 anak status gizi normal diperoleh berdasarkan hasil skrining status gizi pada 53 sekolah PAUD dari 13 kecamatan di Kota Yogyakarta. Teknik pengambilan sampel sekolah dengan metode *cluster sampling* dan PPS (*Probability Proportional to Size*). Kontrol diambil melalui proses *matching* usia dan jenis kelamin dengan kelompok kasus. Informasi data ketersediaan makanan, frekuensi makan bersama, dan perilaku makan ibu dikumpulkan menggunakan kuesioner. Analisis data menggunakan uji statistik *Mc Nemar* dan regresi logistik kondisional.

Hasil: Status ketersediaan makanan (OR=1,85; $p=0,03$; 95% CI=1,08-3,16), frekuensi makan bersama (OR=2,27; $p=0,03$; 95% CI=1,14-4,53), dan perilaku makan ibu (OR=2,45; $p=0,01$; 95% CI=1,25-4,84) merupakan faktor risiko kegemukan pada anak prasekolah usia 3-5 tahun.

Simpulan: Aspek penyusun *home food environment*, seperti status ketersediaan makanan, frekuensi makan bersama, dan perilaku makan ibu mampu meningkatkan peluang risiko kegemukan pada anak prasekolah usia 3-5 tahun.

Kata Kunci: ketersediaan makanan, frekuensi makan bersama, perilaku makan ibu, kegemukan, prasekolah

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