

INTISARI

Latar Belakang: Beban gizi ganda merupakan salah satu masalah gizi pada balita baik di tingkat global maupun nasional. Asupan makanan merupakan penyebab utama terjadinya beban gizi ganda ini. Perbedaan tempat tinggal yaitu di perkotaan dan pedesaan akan mempengaruhi akses pangan yang akan berdampak pada asupan makanan yang berbeda.

Tujuan: Mengetahui perbedaan asupan makanan (energi, protein, lemak dan karbohidrat) balita di perkotaan dan pedesaan pada provinsi dengan beban gizi ganda: analisis data Studi Diet Total (SDT) tahun 2014

Metode: Penelitian ini menggunakan metode analisis data sekunder yaitu data SDT 2014. Subjek penelitian ini adalah balita di provinsi dengan beban gizi ganda yang memenuhi kriteria inklusi dan eksklusi, sebanyak 813 balita. Data SDT tersebut akan memberikan informasi rerata asupan makanan balita melalui hasil *recall*, perbedaan tempat tinggal diperoleh dari data klasifikasi kelurahan, data beban gizi ganda diperoleh dari status gizi balita yaitu berat badan lebih dan berat badan kurang berdasarkan data berat badan dan umur balita yang diolah menggunakan *software* WHO-ANTRO. Hasil perbedaan rerata asupan makanan di perkotaan dan pedesaan dianalisis secara statistik, dengan disertakan beberapa variabel luar yang juga berpengaruh terhadap asupan makanan.

Hasil Penelitian: Rerata asupan energi di perkotaan sebesar 1300,01 kkal, di pedesaan sebesar 1223,23 kkal, rerata asupan protein di perkotaan 55,03 g, di pedesaan 46,67 g, rerata asupan lemak di perkotaan 47,99 g, di pedesaan 37,12 g, rerata asupan karbohidrat di perkotaan 163,61 g, di pedesaan 178,88 g. Perbedaan asupan energi di perkotaan dan pedesaan dengan $p=0,0008$, perbedaan asupan protein dan lemak di perkotaan dan pedesaan dengan $p<0,0001$, perbedaan asupan karbohidrat di perkotaan dan pedesaan dengan $p=0,0042$

Kesimpulan: Rerata asupan energi, protein, lemak lebih besar di perkotaan daripada di pedesaan, sedangkan rerata asupan karbohidrat lebih besar di pedesaan daripada di perkotaan. Ada perbedaan asupan energi, protein, lemak dan karbohidrat balita di perkotaan dan pedesaan pada provinsi dengan beban gizi ganda.

Kata Kunci: Asupan makanan, Balita, Perkotaan, Pedesaan, Beban gizi ganda.

ABSTRACT

Background: Double burden of malnutrition is one of nutritional problems on children in global and national level. Food intake is the main cause of double burden of malnutrition. The different living areas that are in urban and rural area will affect the differences of food intake.

Objective: To analyze the differences of food intake (energy, protein, fat, and carbohydrate) in urban and rural area in provinces with double burden of malnutrition: data analysis of TDS 2014.

Method: This research used secondary data analysis that is TDS 2014. The research subjects were 813 children in provinces with double burden of malnutrition who match with inclusion and exclusion criteria. The TDS data gave information about the average food intake through recall result, the differences of living area obtained from sub-districts data classification, double burden of malnutrition data obtained from nutrition status of the children that is under weight and over weight based on weight and age data of the children analyzed using WHO-ANTRO software. The results of the average food intake and double burden of malnutrition on children will be analyzed statistically, including some external variable which also affect the food intake.

Result: The average energy intake in urban area is 1300.01 kcal, in rural area is 1223.23 kcal, the average protein intake in urban area is 55.03 g, in rural area is 46.67 g, the average fat intake in urban area is 47.99 g, in rural area is 37.12 g, the average carbohydrate intake in urban area is 163.61 g, in rural area is 178.88 g. The difference of energy intake in urban and rural area is $p=0.0008$, the difference of protein and fat intake in urban and rural area is $p<0.0001$, and the difference of carbohydrate intake in urban and rural area is $p=0.0042$.

Conclusion: The average intakes of energy, protein, and fat in urban area are bigger than in rural area, but the average carbohydrate intake in rural area is bigger than in urban area. There are differences of energy, protein, fat, and carbohydrate intake on children between urban and rural areas in provinces with double burden of malnutrition.

Keyword: Food intake, Children, Urban, Rural, Double Burden of Malnutrition.