

ABSTRAK

KONSUMSI MAKANAN DAN STATUS GIZI ANAK BALITA DI KELURAHAN PASAR LAHEWA, KECAMATAN LAHEWA KABUPATEN NIAS UTARA

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Konsumsi makanan merupakan salah satu faktor penyebab langsung terhadap status gizi. Kementerian Perencanaan Pembangunan Nasional Tahun 2019 melaporkan, tingkat kecukupan energi pada hampir separuh penduduk atau 45,7 persen sangat kurang dan 36,1 persen penduduk dengan tingkat kecukupan protein kurang. Sementara itu Dinas Kesehatan Sumatera Utara Tahun 2019 menyajikan hasil pemantauan status gizi yang menunjukkan tiga Kabupaten/Kota tertinggi anak balita pendeknya yaitu Gunung Sitoli, Nias Barat, dan Samosir. Adapun kabupaten/kota yang paling banyak balita kurusnya secara berturut-turut adalah Nias Barat (20.29%), Tapanuli Tengah (19,83%), dan Nias Utara (10,77%). Tujuan penelitian untuk mengetahui hubungan konsumsi makanan dengan status gizi anak balita di Kelurahan Pasar Lahewa, Kecamatan Lahewa, Kabupaten Nias Utara, yang dipilih secara *purposive*. Jenis Penelitian deskriptif analitik, desain *cross sectional*, dengan jumlah sampel penelitian sebanyak enam puluh anak balita. Data konsumsi makanan enam puluh anak balita sampel dengan *Metode Food Recall 24 Hour* selama tiga hari tidak berturut, status gizi secara antropometri dengan Indeks Berat Badan menurut Tinggi atau Panjang Badan. Hasil penelitian menunjukkan sumbangan terbesar energi dan protein sampel berasal dari nasi, susu bubuk, daging ayam, ikan, telur ayam, tahu, tempe, kentang, mie dan biskuit. Sebahagian besar sampel berkategori konsumsi makanan baik dan berstatus gizi normal. Uji *Chi-Square* menghasilkan nilai *p-value* 0,003 ($p < \alpha$ (0,05) yang bermakna H_0 ditolak sehingga dapat dinyatakan terdapat hubungan konsumsi makanan dengan status gizi anak balita di Kelurahan Pasar Lahewa, Kecamatan Lahewa, Kabupaten Nias Utara. Hasil penelitian diharapkan dapat dimanfaatkan Pimpinan dan Staf Puskesmas Kecamatan Lahewa untuk merencanakan program perbaikan gizi. Perlu dilakukan penelitian serupa di kelurahan lain dalam wilayah kerja Puskesmas Kecamatan Lahewa, untuk mendapatkan dan memperkaya data dalam perencanaan program perbaikan konsumsi makanan dan status gizi anak balita

Kata kunci : Konsumsi makanan, status gizi, energi, protein, anak balita

ABSTRACT

FOOD CONSUMPTION AND NUTRITIONAL STATUS OF CHILDREN UNDER FIVE AT PASAR LAHEWA VILLAGE, LAHEWA SUB-DISTRICT IN NORTH NIAS DISTRICT

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Food consumption is one of the direct causes of nutritional status. The Ministry of National Development Planning in 2019 reported that almost half of the population or 45.7 percent of the population is very poor in energy allowances and 36.1 percent of the population is low in protein allowances. Meanwhile, the North Sumatra Provincial Health Office in 2019 presented the results of monitoring nutritional status which showed the three districts with the highest stunted of children under five, namely Gunung Sitoli, West Nias, and Samosir. The districts with the most underweight of children under five are West Nias, Central Tapanuli, and North Nias. The purpose of the study was to determine the relationship between food consumption and the nutritional status of children under five at Pasar Lahewa Village, Lahewa Sub-District, in North Nias District, which was selected purposively. This type of research is descriptive analytic, cross sectional design. The food consumption data of sixty children under five were collected using the 24-Hour Food Recall Method for three non-consecutive days, anthropometric nutritional status with Body Weight Index according to Height or Body Length. The results showed that the largest contribution of energy and protein samples came from rice, powdered milk, chicken, fish, eggs, tofu, tempeh, potatoes, noodles, and biscuits. Most of the samples were categorized as well consumption and normal nutritional status. The Chi-Square test produces a p-value of 0.003 ($p < \alpha$ (0.05) which means H_0 is rejected so that it can be stated that there is a relationship between food consumption and the nutritional status of children under five at Pasar Lahewa Village, Lahewa District in North Nias District. The results are expected can be used by the leadership and staff of the Lahewa District Health Center to plan nutrition improvement programs. Similar research needs to be carried out in other villages within the working area of the Lahewa District Health Center, to obtain and enrich data in planning program to improve food consumption and nutritional status of children under five.

Keywords: food consumption, nutritional status, energy, protein, children under five