ABSTRACT

THE CORRELATION BETWEEN IMMUNONUTRITION INTAKE AND NUTRITIONAL STATUS WITH IMMUNITY STATUS ON ELDERLY IN RAJABASA BANDAR LAMPUNG

By

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The enhancement of life expectancy in elderly will affect to their quality of life. Aging process will effect to the alighting of body immunity response. One of the ways to improve the immunity response is consuming the food that can modulate and repair the immunity response which is called immunonutrition. This study aims to determine the correlation between intake of immunonutrition (protein, vitamin A, vitamin C, zinc, and iron) and nutritional status with the immunity status in elderly.

This study was an observational analytic study with cross sectional design at 74 elderly who joined elderly group in Rajabasa, Bandar Lampung. Sampling was taken by total sampling. Intake of immunonutrition was obtained through Semi Quantitative Food Frequency Questionnaires (SQFFQ), nutritional status was determined based on Body Mass Index (BMI) criteria and immunity status is evaluated by the absolute lymphocyte count.

The result showed that there is no correlation between the intake of immunonutrition, whether protein (p=0.613), vitamin A (p=0.458), vitamin C (p=0.809), zinc (p=0.836), or iron (p=0.967) with the immunity status based on absolute lymphocyte count. There is also no correlation between nutritional status based on BMI (p=0.077) and absolute lymphocyte count.

There is no correlation between intake of immunonutrition and nutritional status with the immunity status in elderly at Rajabasa, Bandar Lampung.

Keyword: immunonutrition intake, immunity status, nutritional status