

ABSTRACT

FOOD PATTERNS AND NUTRITIONAL STATUS OF UNDER FIVE YEARS OLD CHILDREN OF POOR HOUSEHOLD IN BUAY BAHUGA WAY KANAN

By

Ockta Prasiesta

This study aims to study the characteristics of poor households, the food pattern, nutritional intake and adequacy level, parenting, nutritional status, and the factors that affect the nutritional status of children under five years old in Sub District Buay Bahuga Way Kanan. There are 60 people of respondents in this study. The data are analyzed descriptively and statistically by using multiple linear regression analysis. The study results showed that in average the mother of under five years old had low education and their household expenditures were greater than income. The food consumption frequency of the children was largely derived from rice that was 17.07 times/week, other food such as tofu and tempeh 11.95 times/week, beans 6.19 times/week, from papaya 2.33 times/week. The children often consumed tea with sugar as 4.79 times per week. There were 81.67% children under five categorized as light to severely deficit of energy, 31.66% of protein, 88.34% of fat and 51.67% of carbohydrates. There were 5% of toddler who had excess of energy intake, 46.67% of protein, 5% of fat and 26.67% of carbohydrate intake. Most activities of children spent with their mothers as 20.17 hours /day. The nutritional status of children under five in Sub Buay Bahuga Way Kanan district was still a concern because the numbers problem of malnutrition was still above national and provincial. Factors that affected the nutritional status of children under five by BMI/Age was parenting mothers and frequency of snacking, while the factors that affected on Weight/Age is the consumption frequency of egg and energy intake.

Keywords: food pattern, nutritional status, under five years' old children