

The Correlation of Intake of *Zinc*, Iron and Calcium to *Z-Score* TB/U in Toddlers in the Working Area of the Balung Health Center

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ABSTRACT

Nutritional problems in Indonesia are complex problems, malnutrition can occur in the life cycle starting from the womb, infants, children, adults to old age. In developing countries, nutritional problems that often occur are wasting, stunting, underweight and micronutrient deficiencies. Based on data from the East Java Health Office in 2020 the prevalence of stunting under five is 12.4%. The Balung Health Center has a prevalence of short toddlers in 2021 with a total of 941 toddlers of 31.70%. The purpose of this study was to determine the relationship between intake of zinc, iron and calcium on the z-score of height/age in toddlers in the working area of the Balung Health Center. This study uses a type of cross-sectional research design with an analytic survey research method. Subjects were taken as many as 81 respondents with the technique of taking the subject using quota sampling. The instruments used in this study were microtoise to measure height and the SQ-FFQ form to determine intake consumed. Bivariate test using the Spearman correlation test, it was found that $p = 0.000$ for zinc intake, iron intake and calcium intake so that it can be concluded that there is a relationship between zinc intake, iron intake and calcium intake on the z-score of height/Age in toddlers.

Keywords: Calcium, Iron, Zinc, *Z-Score* height/age