

The Relationship Between Levels of Protein Intake and Food Security with the Nutritional Status of Toddlers Based on Z-Score (TB/U) in Plalangan Village

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ABSTRACT

The nutritional status of children under five is a health problem in Indonesia, anthropometric measurements use the body height for age index (TB/U). The nutritional status of toddlers is influenced by direct factors such as protein intake and indirect factors, namely food security. The aim of this research is to determine the relationship between levels of protein intake and food security with the nutritional status of toddlers based on the Z-score (TB/U) in Plalangan Village. This research used a cross sectional design with the number of subjects studied being 32 toddlers aged 12-59 months with a sampling technique using simple random sampling. The questionnaire in this study used a 24-hour food recall form for 2 non-consecutive days and the United States Household Food Security Survey Module US-HFSSM form to determine family food security. Statistical analysis of this research uses the Chi-Square test. The results of the research show that there is a relationship between protein intake and the nutritional status of toddlers based on the TB/U z-score ($p\text{-value} = 0.015 > 0.05$) and between family food security and the nutritional status of toddlers based on the TB/U z-score there is no relationship. with a value ($p\text{-value} 0.068 < 0.05$).

Keywords: Protein Intake, Food Security, Height for age z-score