

***The Association between Dietary Diversity and Food Security toward
Nutritional Status among Adolescent in Demung Village and Pesisir Village,
Besuki Subdistrict***

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ABSTRACT

Nutritional problems in adolescents in Indonesia include undernutrition and overnutrition, which are influenced by imbalances in food intake, food diversity, and food security. These nutrition problems also occur in Besuki Subdistrict, one of which is in Demung Village and Pesisir Village. Demung Village has abundant food availability from the agricultural sector while Pesisir Village has abundant food availability from the fisheries sector. Although both villages have abundant food availability, nutrition problems still occur in both villages. The purpose of this study was to analyze the relationship between food diversity and food security on the nutritional status of adolescents in Demung Village and Pesisir Village, Besuki Sub-district. This cross-sectional study was conducted on 86 respondents who were taken by simple random sampling. Nutritional status based on IMT/U z-score was obtained by measuring body weight and height, food diversity status was measured by 2x24 hour recall interview and Individual Dietary Diversity Score (IDDS) questionnaire, and food security status was measured by interview using Household Food Insecurity Access Scale (HFIAS) questionnaire. Data were analyzed using the Chi-Square test. The results showed that there was no significant relationship between food diversity and nutritional status in adolescents in Demung Village and Pesisir Village (p value = 0.135), and there was no significant relationship between food security and nutritional status in adolescents in Demung Village and Pesisir Village (p value = 0.293).

Keywords: Dietary Diversity, Food Security, Nutritional Status, Adolescents