

The Relationship Between Menu Variation and Fat Intake and the Incidence of Underweight in Toddlers Aged 12 – 59 Months in the Sukorambi Community Health Center Work Area.

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ABSTRACT

Underweight remains a nutritional concern as it can hinder the growth and development of children under five. Factors suspected to be associated with underweight include feeding patterns, specifically menu variety and the adequacy of fat intake. A varied menu helps meet macronutrient and micronutrient needs, while fat intake serves as a primary energy source supporting growth. The period under five years of age is a "golden age," making optimal nutrition essential. This study aimed to analyze the relationship between menu variety, fat intake, and the incidence of underweight among children aged 12–59 months in the Sukorambi Community Health Center (Puskesmas) working area. This study employed an observational analytic method with a cross-sectional design. The subjects consisted of 132 children aged 12–59 months, selected using simple random sampling. The independent variables were menu variety and fat intake, while the dependent variable was the incidence of underweight. Data on menu variety were collected using the Individual Dietary Diversity Score (IDDS) questionnaire, and data on fat intake were obtained using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Nutritional status was determined based on the weight-for-age (W/A) index. Bivariate analysis was conducted using the Chi-Square test. The results showed a significant relationship between menu variety and the incidence of underweight ($p\text{-value} < 0.001$), as well as between fat intake and the incidence of underweight ($p\text{-value} < 0.001$). It is concluded that menu variety and fat intake are associated with the incidence of underweight among children aged 12–59 months in the Sukorambi Community Health Center working area.

Keywords : Menu Variety, Fat Intake, Underweight, Children Under Five Years of Age