

The Relationship Between Feeding Practices and Carbohydrate Intake on Underweight Incidence Among Children Aged 12–59 Months in the Working Area of Sukorambi Public Health Center

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ABSTRACT

Underweight is a nutritional problem among children under five that may impair growth and development. Inappropriate feeding practices and inadequate carbohydrate intake can increase the risk of underweight. This study aimed to analyze the relationship between feeding practices, carbohydrate intake, and underweight among children aged 12–59 months in the working area of Sukorambi Public Health Center. This cross-sectional study involved 132 children selected using proportionate stratified random sampling. Feeding practices were assessed using the Child Feeding Questionnaire (CFQ), carbohydrate intake was measured using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), and nutritional status was determined using the weight-for-age (W/A) indicator. Data were analyzed using the Chi-square test. The results showed significant relationships between feeding practices and underweight incidence ($p < 0.001$), as well as between carbohydrate intake and underweight incidence ($p < 0.001$). Most children had appropriate feeding practices (74.2%), adequate carbohydrate intake (68.9%), and normal nutritional status (68.2%). In conclusion, feeding practices and carbohydrate intake were significantly associated with underweight among children aged 12–59 months in the working area of Sukorambi Public Health Center.

Keywords: *feeding practices, carbohydrate intake, underweight, children under five.*