

Analysis of Risk Factors for Wasting in Toddlers Aged 12-59 Months in the Working Area of the Kalisat Community Health Center, Jember Regency

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ABSTRACT

Wasting is an acute nutritional problem that is still commonly found in toddlers and can increase the risk of growth and health disorders. This study aims to analyze the relationship between nutrient intake, family income, number of family members, maternal knowledge regarding nutrition, and history of exclusive breastfeeding with the incidence of wasting in toddlers aged 12–59 months in the working area of the Kalisat Community Health Center, Jember Regency. The study used an observational analytical design with a cross-sectional approach on 176 toddlers selected using cluster random sampling and simple random sampling. Data were collected through anthropometric measurements, 2×24-hour consumption recalls, interviews, and questionnaires. Data analysis used the Chi-Square test and Fisher's Exact Test. The results showed a wasting prevalence of 11.4%. There was a significant relationship between energy intake (p -value = 0.002), protein intake (p -value = 0.000), fat intake (p -value = 0.005), carbohydrate intake (p -value = 0.028), and number of family members (p -value = 0.000) with the incidence of wasting. Meanwhile, there was no significant relationship between family income (p -value = 0.624), history of exclusive breastfeeding (p -value = 0.538), and maternal knowledge of nutrition (p -value = 0.109) and wasting. It can be concluded that adequate macronutrient intake and family size are factors associated with wasting in toddlers.

Keywords: *Energy Intake, Carbohydrate Intake, Fat Intake, Protein Intake, Number of Family Members, Family Income, Mother's Knowledge Regarding Nutrition, History of Exclusive Breastfeeding, Wasting.*