FACULTY OF SCIENCE HEALTH SILIWANGI UNIVERSITY TASIKMALAYA NUTRITION STUDY PROGRAM 2024

ABSTRACT

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THE RELATIONSHIP OF HOUSEHOLD FOOD SECURITY AND THE LEVEL OF ADEQUACY OF MACRO NUTRITION WITH UNDERWEIGHT EVENTS IN TODDLER 24-59 MONTHS

(OBSERVATIONAL STUDY IN KARANGANYAR VILLAGE, KAWALU SUBDISTRICT TASIKMALAYA CITY IN 2024)

Underweight is a condition where the weight of a toddler is below standard or does not match his/her age based on the weight measurement index for age (BB/U). Causes of underweight include inadequate nutrient intake and food insecurity at the household level. The purpose of this study was to determine the relationship between household food security and the level of macronutrient adequacy with the incidence of underweight in toddlers aged 24-59 months in Karanganyar Village, Kawalu District, Tasikmalaya City in 2024. This study used a cross-sectional study design. Sampling was carried out using the proportional random sampling technique from all integrated health posts with a sample size of 142 out of 753 toddlers aged 24-59 months. The research instruments used were household food security questionnaires, 3x24 hour non-consecutive food recall forms and underweight measured using digital scales. The results of data analysis using the chi square test showed that there was a relationship between household food security and the level of carbohydrate adequacy (p = 0.009), protein (p = 0.008), fat (p = 0.021), and energy (p = 0.003). There was a relationship between the level of carbohydrate adequacy (p = 0.000), protein (p = 0.000), fat (p = 0.000), and energy (p = 0.000) with the incidence of underweight. There was a relationship between household food security and the incidence of underweight (p = 0.003). The conclusion of this study is that there is a relationship between household food security and the level of adequacy of carbohydrates, protein, fat and energy. There is a relationship between the level of adequacy of carbohydrates, protein, fat and energy with the incidence of malnutrition. There is a relationship between household food security and the incidence of malnutrition. It is expected that mothers/caregivers of toddlers will pay more attention to their children's food intake with more nutritious and diverse foods.

Keywords: household food security, level of nutritional adequacy, underweight