

FACULTY OF HEALTH SCIENCES

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ABSTRACT

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Relationship of Household Food Insecurity and Iron Intake with Incident of Anemia in Toddler (Observational Study on Toddlers Aged 24-59 Months in Kelurahan Karanganyar Kecamatan Kawalu Kota Tasikmalaya 2023)

Iron deficiency anemia is the most common deficiency problem in children throughout the world. One of the factors that influence the occurrence of anemia is a lack of iron intake. Iron intake is influenced by the household's ability to access food. Food insecurity is a condition of insufficient food, so that it cannot meet the standards needed for health. A household's inability to provide sufficient food will have an impact on the quality of nutrients absorbed by the body. The aim of this study was to analyze the relationship between household level food insecurity and iron intake with the incidence of anemia in children under five. The type of research used is quantitative research with a cross sectional approach. The population of this study was 828 toddlers and a sample of 90 toddlers was taken using proportional random sampling. The instruments used were the FIES (Food Insecurity Experience Scale) questionnaire to measure household insecurity, the SQ-FFQ questionnaire to measure iron intake, and anemia was measured by taking blood samples and then testing using a hematology analyzer. The statistical tests carried out were univariate and bivariate tests using Chi-square. Statistical results show that there is a relationship between household level food insecurity and iron intake in toddlers ($p=0.022$). There was no relationship between toddlers' iron intake and the incidence of anemia ($p=0.059$). The conclusion of this study is that there is a relationship between household level food insecurity and iron intake in toddlers, but there is no relationship between iron intake and the incidence of anemia in toddlers. There is a need to increase knowledge regarding the importance of iron intake in toddlers.

Keywords: Household Food Insecurity, Iron Intake, Anemia.