

DIFFERENCE IN ENERGY AND PROTEIN INTAKE BETWEEN URBAN AND RURAL STUNTED CHILDREN AGED 4-6 YEARS

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ABSTRACT

Background: Nutritional status in early childhood may greatly affect health, and subsequently impact not only a child's own growth and development, but also economic development in the country. Previous study reported that stunting was a major nutritional problem in Indonesia (rural: 39.2%; urban: 25.1%). The purpose of this study was to determine the difference in energy and protein intake between urban and rural stunted children aged 4-6 years.

Subjects and Method: This was a mixed method study conducted in Jake village and Taluk Kuatan city preschools. A sample of 58 stunted children aged 4-6 years was selected for this study. The dependent variables were energy and protein intakes. The independent variable was residence. The data were collected by food recall method (1x24 hours). The data on qualitative study were collected by focus group discussion. The data were analyzed by independent t test.

Results: Children energy intake in urban area (mean=1,070.31; SD=133.71) was higher than in rural area (mean=998.96; SD=301.35), but it was statistically not significant (p=0.249). Children protein intake in urban area (mean=32.48; SD=4.81) was higher than in rural area (mean=31.28; SD=2.61), but it was statistically not significant (p=0.240).

Conclusion: Children energy intake in urban area is higher than in rural area, although it is statistically not significant. Likewise, children protein intake in urban area is higher than in rural area, although it is statistically not significant.

Keywords: stunted, energy, protein, intake, urban, rural.

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