

Hubungan Kerawanan Pangan Rumah Tangga terhadap Kejadian Stunting pada Balita Usia 6-36 Bulan dengan Ibu *Overweight*/Obesitas

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ABSTRAK

Latar Belakang: Kerawanan pangan rumah tangga berhubungan dengan kejadian stunting pada anak dan obesitas pada ibu, namun masih jarang ditemukan penelitian terkait kerawanan pangan pada rumah tangga dengan anak stunting dan ibu kelebihan berat badan/obesitas yang tinggal bersama atau *Stunted Child Overweight/Obese Mother* (SCOM).

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan kerawanan pangan rumah tangga dengan kejadian SCOM.

Metode: Studi observasional dengan desain *case control*. Pemilihan subjek menggunakan metode *consecutive sampling*, didapatkan 50 pasangan anak berusia 6-36 bulan dengan ibu *overweight*/obesitas yang terdiri atas 25 subjek SCOM dan 25 subjek NCOM. Data kerawanan pangan didapatkan melalui wawancara menggunakan *Household Food Insecurity Access Scale* (HFIAS). Variabel karakteristik anak, orang tua, dan rumah tangga serta asupan anak dan ibu dianalisis sebagai faktor perancu. Analisis hubungan dilakukan dengan uji regresi logistik berganda, tingkat kepercayaan 95% dan hasil signifikan dengan *p-value* <0,05.

Hasil: Terdapat hubungan kerawanan pangan rumah tangga dengan kejadian SCOM. Rumah tangga rawan pangan 5,687 kali lebih berisiko untuk mengalami SCOM dibandingkan dengan rumah tangga tahan pangan ($p=0,01$; OR=5,687; 95% CI:1,510-21,424). Sementara itu, setelah dikontrol variabel perancu karakteristik dan asupan anak, risiko meningkat menjadi 9,654 kali ($p=0,035$; aOR=9,654; 95% CI: 1,17-79,55).

Kesimpulan: Terdapat hubungan antara kerawanan pangan rumah tangga dengan kejadian SCOM.

Kata Kunci: kerawanan pangan rumah tangga, beban ganda, malnutrisi, stunting, ibu obesitas.

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Association of Household Food Insecurity and the Incidence of Stunting in Toddlers Aged 6-36 Months with Overweight/Obese Mothers

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ABSTRACT

Background: Household food insecurity has been associated with obesity in mother and stunting in children. However, studies analyzing household food insecurity among Stunted Child Overweight/Obese Mother (SCOM) pairs living in the same household are rare.

Objective: This study aimed to analyze the association between household food insecurity and the incidence of SCOM.

Methods: Observational study with case control design. Subject selection has used consecutive sampling method, obtained 50 pairs of children aged 6-36 months with overweight/obese mothers consisting of 25 SCOM subjects and 25 NCOM subjects. Food insecurity data were obtained by interviews using the Household Food Insecurity Access Scale (HFIAS). Child, parent, and household characteristics and also child and maternal intake were analyzed as confounding factors. The association was examined with multiple logistic regression, the confidence interval was 95% and the results were significant with a p-value <0,05.

Results: There was an association between household food insecurity and the incidence of SCOM. Food-insecure households have 5.687 times higher risk to become SCOM compared to food-secure households (p=0.01; OR=5.687; 95% CI: 1.510-21.424). Meanwhile, after controlling for confounding variables of child characteristics and intake, the risk increased to 9.654 times (p=0.035; aOR=9.654; 95% CI: 1.17-79.55).

Conclusion: There was an association between household food insecurity and the incidence of SCOM.

Keywords : household food insecurity, double burden, malnutrition, stunting, obese mother.

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