

**Faktor Risiko *Overweight-Obese* pada Baduta Usia 6-23 Bulan di Indonesia : Analisis Data Survei Status Gizi Indonesia (SSGI) 2022**

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**ABSTRAK**

**Latar belakang :** Balita *overweight* masih dijumpai di setiap provinsi di Indonesia dengan 14 diantaranya memiliki prevalensi diatas proporsi nasional. Belum ada penelitian untuk mengetahui faktor risiko *overweight-obese* pada baduta di Indonesia secara nasional.

**Tujuan :** Mengetahui faktor risiko *overweight-obese* pada baduta usia 6-23 bulan di Indonesia.

**Metode :** Penelitian ini menggunakan data SSGI 2022 dengan desain penelitian *cross-sectional*. Total sampel sebanyak 43.082 subjek. Variabel terikat (*overweight-obese* pada baduta) dengan variabel bebas (usia, jenis kelamin, berat badan lahir, panjang badan lahir, konsumsi ASI, riwayat ASI eksklusif, waktu pemberian MP-ASI, frekuensi pemberian MP-ASI, keragaman pangan, pendidikan ibu, usia ibu, status gizi ibu, jumlah anggota keluarga, wilayah tempat tinggal, dan status ekonomi keluarga) dianalisis secara univariat, bivariat (Uji *chi-square*), dan multivariat (Uji regresi logistik ganda) dengan signifikansi  $p < 0,05$ .

**Hasil :** Usia 6-12 bulan lebih berisiko 1,34 kali (95% CI= 1,265-1,430), berat badan lahir  $\geq 4000$  gram lebih berisiko 1,6 kali (95% CI= 1,386-1,856), panjang badan lahir yang normal lebih berisiko 1,28 kali (95% CI= 1,013-1,619), tidak mengkonsumsi ASI lebih berisiko 1,52 kali (95% CI= 1,420-1,627), ibu yang gemuk lebih berisiko 1,78 kali (95% CI= 1,579-2,027), jumlah anggota keluarga  $< 5$  orang lebih berisiko 1,17 kali (95% CI=1,109-1,251), tinggal di pedesaan lebih berisiko 1,13 kali (95% CI=1,071-1,212), status ekonomi teratas lebih berisiko 1,42 kali (95% CI= 1,285-1,578) *overweight-obese* pada baduta.

**Simpulan :** Usia, berat badan lahir, panjang badan lahir, konsumsi ASI, status gizi ibu, jumlah anggota keluarga, wilayah tempat tinggal, dan status ekonomi keluarga berhubungan signifikan dan menjadi faktor risiko *overweight-obese* pada baduta usia 6-23 bulan di Indonesia.

**Kata kunci :** baduta 6-23 bulan, faktor risiko, *overweight*.

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## **Risk Factor of *Overweight-Obese* among Children Aged 6-23 Months in Indonesia : Analysis of SSGI 2022 Data**

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### **ABSTRACT**

**Background :** Overweight among children under five years are still found in every province in Indonesia, with 14 of them having prevalence rates above the national proportion. There has been no research that identify the risk factors of overweight-obese among children aged 6-23 months in Indonesia on a national scale.

**Objective :** This study aimed to analyze the risk factors of overweight-obese among children aged 6-23 months in Indonesia.

**Methods :** This study used SSGI 2022 data with a cross-sectional study design. Total sample size is 43082 subjects. Dependent variable (overweight-obese in children) is analyzed with the independent variables (age, gender, birth weight, birth length, breastfeeding consumption, history of exclusive breastfeeding, timing of complementary feeding, frequency of complementary feeding, food diversity, maternal education, maternal age, maternal nutritional status, number of family members, residence area, and family economic status) using univariate, bivariate (Chi-square test), and multivariate (multiple logistic regression test) analyses, with significance set at  $p < 0.05$ .

**Result :** Children aged 6-12 months are 1.34 times more at risk (95% CI = 1.265-1.430), those with a birth weight  $\geq 4000$  grams are 1.6 times more at risk (95% CI = 1.386-1.856), those with normal birth length are 1.28 times more at risk (95% CI = 1.013-1.619), those not consuming breast milk are 1.52 times more at risk (95% CI = 1.420-1.627), children with obese mothers are 1.78 times more at risk (95% CI = 1.579-2.027), those with fewer than 5 family members are 1.17 times more at risk (95% CI = 1.109-1.251), those living in rural areas are 1.13 times more at risk (95% CI = 1.071-1.212), and those in the highest economic status are 1.42 times more at risk (95% CI = 1.285-1.578) of being overweight-obese in children.

**Conclusion :** Age, birth weight, birth length, breastfeeding consumption, maternal nutritional status, number of family members, residence area, and family economic status are significantly associated with and are risk factors of overweight-obese among children aged 6-23 months in Indonesia.

**Keywords :** children aged 6-23 months, overweight, risk factor..

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