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**Balanced nutrition behavior among adolescent school girls in Maros Regency
South Sulawesi**

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ABSTRACT

Background: Malnutrition such as anemia (46.6%), stunting (25,9%) and wasting (5.9%) in adolescent girls still high problem in Indonesia based on Riskesdas Data (2010). In Maros South Sulawesi was found wasting (39.9%), Obesity (27.4), anemia (50.5%). Improvement nutritional status of adolescent girls that will be a healthy mother is very important to break off malnutrition inter-generational. In 2014, ministry of Health Indonesia was launched about guidance of balanced nutrition which consist of 4 pillars to improve nutritional status. So this study very important to assess the extent of balanced nutrition guidelines are understood and practiced by adolescent girls to overcome malnutrition. **Purpose:** This study aimed to explore about knowledge, attitude, and practice about balanced nutrition among school adolescent girls, and to know the relationship between knowledge and attitude, and between knowledge and practice about balanced nutrition. **Methods:** Cross-sectional study was conducted on school adolescent girls (601 samples of 610 populations) from class X in five Senior High School at Maros Regency South Sulawesi. Nine people do not participate in the study due to illness and was not present at the school at the time of the study. Data were collected using a structured questionnaire and analyzed by correlation test. **Results:** Balanced nutrition knowledge of Adolescent girls have an average score were 28.65, based on that average score obtained 43.6% samples have "less knowledge". While an average score about attitude of balance nutrition subjects was 52.29 with a negative attitude (55.1%). Whereas an average score of balanced nutrition practices was 15.58 with bad practices (49.9%). This study also proved that knowledge of balanced nutrition positively correlated with attitudes based on the results of Spearman correlation test was 19.7% ($r = 0.197$; $p = 0.000$) and the practice of balanced nutrition by 14.3% ($r = 0.143$; $p = 0.000$), as well as obtained a positive correlation between attitudes towards balanced nutrition with a balanced nutritional practices was 10.9% ($r = 0.109$; $p 0.008$). **Conclusions:** Need to be optimized socialization of balance nutrition Guidelines through various channels including nutrition education in schools to change

people's nutritional behavior to the behavior of balanced nutrition to overcome malnutrition problems

Keywords: Balanced nutrition, Behavior, School Girls Adolescent.

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