



International Meeting of Public Health  
**IMOPH 2015**

Faculty of Public Health UI, Depok,  
Oct 31 - Nov 1, 2015



**PROCEEDINGS OF  
IMOPH 2015**

The first International Meeting of Public Health



*"Sustainable Development Goals  
for Healthy Future"*



**TABLE OF CONTENTS**

**Table of Contents..... vi**

**Scientific Review Committex..... xv**

**Chapter 1. Abstracts in Postgraduate Meeting**

**Kanitta Jiraungkoorskul – Thailand – Farmlan Soail and Water Contamination..... 1**

**Leila Saedalan Africa – Philippines – Does residing in a particular region in the philippines matter for infant mortality? A multilevel analysis of individual and contextual determinants..... 2**

**Irwandy - The Potential Risk of Medication Error in Prescribing Process at Hasanuddin University Hospital, Makassar..... 4**

**Teshima Yuko – Japan – Introduction JICA program related public health (non proceeding)**

**Chapter 2. Abstracts for Oral Presentation**

**Dewi Febriani - The incidence of stroke in Askes participants inpatient unit of Pelni Petamburan Jakarta Hospital.....5**

**Sri Whyuni – The analysis environmental health risks as impact of cadmium (Cd) contamination incitizen’s wterwells.....6**

**Dewi Cahyani, SKM – Factors associated with unsafe behaviour on Billet Steel Plant workers of PT Krakatau Steel, Cilegon, West Java.....7**

**Denissa Rahayu Ningtyas – Family experiences in providing support to cancer patients during chemotherapy in Semarang.....8**

**Hutami Fitri Widhiyanti – Correlation between Oral Health and Nutritional Status Elderly in Indonesia (Analysis Riskesdas 2013).....9**

**Alya Hazfiarini – Increasing elderly welfare for achieving SDG’s: evaluation of posyandu lansia in Sumberbulu village, Probolinggo.....10**

**Fara Irdini Azkia – Association between school-aged children’s diet quality and nutritional status in Bogor 2013.....11**



Dwi Meilani - Factors related to exclusive breastfeeding among working mothers.....	42
Inana Mardhatillah - The correlation between the knowledge of rights obligations and the quality of midwife service according to the patients' perception in community health centers X.....	43
Siti Masruroh - Water intake, physical activity and urine density among female student in islamic boarding school and government school in South Jakarta.....	46
Indang Sri Wahyuningsih - The relationship between obesity and incidence of type 2 diabetes mellitus in Indonesia, 2013.....	47
Putri Sarah Dita - Correlation between the level of maternal satisfaction with therapeutic communication from midwife in antenatal care at community health center.....	48
Fitria Kusumawati Wulandari - The correlation between early initiation of breastfeeding with exclusive breastfeeding in Indonesia 2013.....	49
Rahmi Garniati - Analysis of factors cause irritant contact dermatitis in tofu industry Prinkopti Bukit Sangkal Palembang 2014.....	50
Terry Yuliana - Analyze providing financial and non-financial compensation with performance of government nurses in Public Hospital.....	51
Christoper Bagus R - The relationships of food taste, appearance food and other factors with soft food acceptance in adult patients.....	52
Ovy Olivia Dewi - Relationship between number of nutritional health worker and number of malnutrition case found by provinces in Indonesia 2014.....	53
Galila Aisyah Latifa Mini - The effect of vitamin E against levels of superoxide dismutase (SOD) in the placenta of pregnant rat ( <i>rattus norvegicus</i> ) with subacute cigarette smoke exposure.....	54
Muti Firnanda - Risk Factors of Stunting at age 6-24 months in Manggeng community health centre, Aceh Barat Daya Regency.....	55
Iyep Yuliana - Analysis of the process of relapse prevention activities against NAPZA in the installation restoration drugs dependence.....	56
Tika Noor Prastia - Relationship between early marriage mother parenting and the nutritional status of toddlers.....	57
Siti Dwi Indriati - The relations of birth assisted by health workers (linakes) with early initiation of breastfeeding coverage (IMD) based on Province Indonesia in 2013.....	58

Erna Veronika - Analyze the levels of PM <sub>10</sub> , carbon monoxide and the acute respiratory complaints of transport department officer in Terminal Amplas Medan in 2014.....	59
Olvariani Sitepu - Relationship between the characteristics, knowledge, attitudes, practice of housewives about the use and hazard potentiation of insecticides with health complaints in Desa Rantau Panjang Kecamatan Pantai Labu Kabupaten Deli Serdang on 2010.....	60
Fitria Dewi Rahmawati - Analysis and design of registration system in RSAB Siti Fatimah 2012.....	61
Dhea Riana Kismaningrum - Women's empowerment and use of contraceptive method among Indonesian married women: a cross-sectional study.....	62
Efriyanti Sitorus - Systematic review: can lead pollution cause Anemia?.....	63
Leonita Agustina - Description of event risk factors food poisoning in district elementary school in Sukabumi 2012.....	64
Indiarta Solihin - Cadres' knowledge level of exclusive breastfeeding in the Pela Mampang village South Jakarta.....	65
R. Lita Ayuningdyah - The Correlations between Nutritional Status and Motivation towards Student's Achievement at Labschool Senior High School Cibubur 2014.....	66
Widia Ningsih Rahman - Balanced nutrition behavior among adolescent school girls in Maros regency South Sulawesi.....	67
Raras Setyaningrum - Mother's willingness to accept lotus birth procedure for their babies.....	68
Muhamad Febriansyah Akbar Ali - Factors Related To The Levels Of Pesticide Poisoning Based On Tolerance Cholinesterase Level On Pest Control Technicians In Jakarta 2014.....	69
Eri Rachmawati - Determinant factors of obesity among adult 26 - 45 years of Indonesia.....	70
Resthie Rachmanta Putri - Knowledge of Breastfeeding among Physicians in Indonesia.....	71
Balqis Nazaruddin - A study of GAP analysis on patient satisfaction perception in penitentiary polyclinic at Watampone, South Sulawesi.....	72
Rindang Khairani - Knowledge, attitude, and practice of people in Bantar Jati District, Bogor related to dengue hemorrhagic fever prevention.....	73

**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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