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The Burden of Malnutrition on Adolescent Girls in Rural Area



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Abstract

Food accessibility can be a challenge causing malnutrition in certain groups, including adolescent girls. This study aims to describe the dietary intakes and nutritional status of adolescent girls. This study used a cross-sectional study design, involving 360 female students from four secondary schools in Majene, Indonesia. Dietary intake was collected using a 2x24-hour food recall. Nutritional status was represented by anthropometric indices and anemia. Hemoglobin was assessed using HemoCue. Meanwhile, upper arm circumference measurement was to assess chronic energy deficiency (CED), and height and weight measurements were to determine height-for-age Z-score (HAZ) and BMI-for-age Z-score (BAZ) respectively. The majority of students were from low socioeconomic families. The respondents' intakes were low for energy (62.3% RDA) but not for protein (84.4%). Calcium, Fe, Zinc, vitamin A, C, D and E intakes were considered low. More than 50% of students were CED, 5.3% was wasted, 31.7% was stunted, almost 20% was anemic, was stunting and overweight/obesity (7.9%). Protein intake was associated with CED (AOR=2.622, p=0,000, 95% CI=1.703-4.039) after controlling for energy, iron, zinc, vitamin D, and Iodine, Obesity was associated with anemia (AOR=2.975, p=0,025, CI95%=1.1-7.7) after controlling vitamin C. It was concluded that nutrient intake had a significant impact on the students' nutritional status.

Keywords:

Chronic Energy Deficiency, Obesity, Anemia, Protein, Adolescent Girls



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Biography:

The first Author as a lecturer (Assistant Professor) at the Public Health Nutrition Division, School of Public Health, Universitas Muslim Indonesia. I obtained my bachelor degree from Faculty of Public Health, the Master program in Public Health and the Doctoral level at the Faculty of Medicine, Hasanuddin University. As an academician, the author is actively as a research reviewer at University level and national research reviewer, as well as reviewer and editor in reputable international journals, and also has produced number of publications in the form of books and articles published in accredited National Journals and reputable International Journals.

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