

Determinants of stunting among 0-23 month-old in rural area of Indonesia

Aurora Byanicha

Sriwijaya University, South Sumatra, Indonesia

ABSTRACT

Introduction: Stunting is still prevalent because of complexity of its risk factor. Identifying reversible factors in the first 2 years of life may reduce the risk of stunting. **Objective:** To estimate the influence of risk factors detected at birth until 23 months of age among children in rural area in Community Health Center of Rantau Badak, Tanjung Jabung Barat Regency, Jambi City, Indonesia. **Methods:** This study was observational with cross sectional design. The sample were 30 children in Community Health Center of Rantau Badak taken by simple random sampling. Data on potential factors detected at birth, maternal, child, and household environment, were collected at home visits and in integrated service post. Data were calculated by univariate analysis and bivariate analysis with chi square test. **Results:** 48,4% sample were stunted. Three determinants that increased the prevalence of stunting were sanitation, mother's education, and quality of complementary food. Sanitation and low-educated mother are the most influential risk factors. **Discussion:** Nutritional status reduction is caused by the low nutritious food consumption, frequent infection, and poor sanitation. Quality of exclusive breastfeed and complementary food in the first 2 years are influential for nutritional status. 60 % of stunted children who have normal birth weight become stunting in the age of less than 0-23 months old. 80 % of them have a history of infectious disease. All of them have unqualified complementary food and 80 % of them have not had exclusive breastfeeding. Poor sanitation is the most influential factor which is likely to make children 28 times become stunting and Low-educated mother tends to 9,8 times contribute stunting for their children.

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Determinations of traffic-light nutrition labelling and healthiness evaluation of pre-packaged foods in promoting healthy food choices: analysis of small to large food retail outlets in Kelantan

Winnie Tiong, Leng Huat Foo

School of Health Sciences, Universiti Sains Malaysia, Health Campus, Kubang Kerian Kelantan Malaysia

ABSTRACT

An effective nutrition labelling on food products has emerged as a powerful strategies in promoting healthy eating choices. Very limited studies have been carried-out to determine and evaluate the healthiness of pre-packaged foods based on the colour-coded traffic-light nutrition labelling system (TLS) in food retail outlets in Asia. Therefore, the aim of the present study was to assess the nutrition labelling of four nutrients of interest (Total fat, saturated fat, sugar and sodium) in all pre-packaged foods based on TLS in three major types of food retail outlets in Kelantan. Detailed information such as name, brand and nutritional content per serving and/or per 100g from 5 food categories namely, fresh food, beverages, chilled and frozen foods, grocery and infant-based food products were gathered. Nutritional contents of four nutrients of these food groups were then classified by the TLS as low (green), medium (amber) and high (red) levels. A total of 10,701 pre-packaged food products were sold in these food retail outlets. Of these, only 36.8% (3943) pre-packaged food products were presented with complete nutrient information for four key nutrients assessed. Based on the TLS score classifications, Half of these food products (53.0%) marketed were classified as less-healthy products (TLS score \geq 9), whereas 38.5% products were as medium-healthy products. Only 8.5% food products were as healthy as assessed by TLS scores of \leq 5. Almost similar patterns on healthiness of food products based on the TLS were found in all food retail outlets, regardless of outlet size. In general, most pre-packaged food products were classified as less healthy (51.9%-55.6%), and medium healthy food products (34.4%-39.7%), in contrast to food products being classified as healthy (7.7%-10%). Hence, further nutrition promotion efforts should be required to encourage manufacturers to improve nutritional profiles of all pre-packaged foods, and not just those specifically labelled as healthier-based foods.