

HUBUNGAN ANTARA FREKUENSI KONSUMSI MAKANAN ULTRA PROSES DENGAN KEJADIAN OBESITAS PADA ANAK USIA 6-60 BULAN DI WILAYAH KERJA PUSKESMAS NGAMPILAN

Relationship Between The Frequency Of Consumption Of Ultra-Processed Foods And The Incidence Of Obesity In Children Aged 6-60 Months In The Working Area Of The Ngampilan Community Health Centre

Fransisca Widya Ayu Kinanti

Sekolah Tinggi Ilmu Kesehatan Panti Rapih Yogyakarta

*Korespondensi : E-mail: Fransisca.kinan@gmail.com, No HP.089518207615

ABSTRACT

Childhood obesity is a growing global health problem. Consumption of ultra-processed foods (UPF) is suspected to contribute to an increased risk of obesity in children due to their characteristics of being energy-dense, high in sugar and fat, and low in fiber and micronutrients. To analyze the association between the frequency of ultra-processed food consumption and the occurrence of obesity among children aged 6–60 months in the working area of Ngampilan Public Health Center. This was an analytical observational study with a cross-sectional design involving 102 children aged 6–60 months in the working area of Ngampilan Public Health Center. Samples were selected using cluster random sampling from seven chosen posyandu (integrated health posts). Data on UPF consumption frequency were collected using a Food Frequency Questionnaire (FFQ), nutritional status was assessed based on weight-for-length/height z-scores, and subject characteristics were obtained through questionnaires. Data analysis was conducted using Fisher's exact test for bivariate analysis and logistic regression for multivariate analysis. The prevalence of obesity among participants was 5.9%. A total of 45.1% of children had a high frequency of UPF consumption. Bivariate analysis showed a significant association between UPF consumption frequency and obesity ($p = 0.007$). Parental income was also significantly associated with obesity ($p = 0.040$), where children from low-income families had a 5.8 times higher risk of obesity. However, the multivariate analysis indicated that the association was not significant after adjusting for other variables ($p = 0.997$). There was a significant bivariate association between UPF consumption frequency and obesity among children aged 6–60 months; however, this association was not significant in the multivariate model after adjustment for other factors. These findings highlight the complexity of factors influencing childhood obesity and underscore the need for further research using longitudinal designs.

Keywords: ultra-processed food, obesity, preschool children, consumption frequency

ABSTRAK

Obesitas pada anak merupakan masalah kesehatan global yang terus meningkat. Konsumsi makanan ultra proses (UPF) diduga berkontribusi terhadap peningkatan risiko obesitas pada anak karena karakteristiknya yang padat energi, tinggi gula dan lemak, serta rendah serat dan mikronutrien. Menganalisis hubungan antara frekuensi konsumsi makanan ultra proses dengan kejadian obesitas pada anak usia 6-60 bulan di Wilayah Kerja Puskesmas Ngampilan. Penelitian observasional analitik dengan desain cross-sectional pada 102 anak usia 6-60 bulan di Wilayah Kerja Puskesmas Ngampilan. Pengambilan sampel menggunakan cluster random sampling dari 7 posyandu terpilih. Data frekuensi konsumsi makanan ultra proses diperoleh menggunakan Food Frequency Questionnaire (FFQ), status gizi diukur berdasarkan indikator BB/PB atau BB/TB dengan skor z, dan data karakteristik subjek dikumpulkan melalui kuesioner. Analisis data menggunakan uji Fisher exact untuk bivariat dan regresi logistik untuk multivariat. Prevalensi obesitas pada subjek penelitian sebesar 5,9%. Sebanyak 45,1% anak memiliki frekuensi konsumsi makanan ultra proses tinggi. Analisis bivariat menunjukkan hubungan signifikan antara frekuensi konsumsi makanan ultra proses dengan kejadian obesitas ($p = 0,007$). Tingkat pendapatan orang tua juga berhubungan signifikan dengan obesitas ($p = 0,040$), dimana anak dengan orang tua berpendapatan rendah memiliki risiko 5,8 kali lebih

besar mengalami obesitas. Namun, analisis multivariat menunjukkan hubungan tersebut menjadi tidak signifikan setelah dikontrol variabel lain ($p = 0,997$). Terdapat hubungan bivariat antara frekuensi konsumsi makanan ultra proses dengan kejadian obesitas pada anak usia 6-60 bulan, namun hubungan multivariat tidak signifikan setelah dikontrol faktor lain. Hasil ini menunjukkan kompleksitas faktor yang mempengaruhi obesitas pada anak dan perlunya penelitian lebih lanjut dengan desain longitudinal.

Kata kunci: makanan ultra proses, obesitas, anak balita, frekuensi konsumsi