DIVERSIFIKASI KONSUMSI PANGAN BERDASARKAN PENDEKATAN POLA PANGAN HARAPAN (PPH) DI DAERAH RAWAN GIZI

(Food Consumption Diversification Using Food Desirable Pattern Approach in Nutritionally Vulnerable Regencies)

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ABSTRACT. To diversify foods is an important aspect of food consumption since certain food doesn't supply all nutrients completely. Adequate and diverse food consumption will guarantee the fullfillment of variabilty of nutrients needed for organs and physiological system functioning normally and balance. This study was done in nutritionally vulnerable regencies were determined based on percentage of energy fulfillment toward Recommended Dietary Allowances (RDA) derived from its community food consumption. About 12 nutritionally vulnerable kecamatan counties, which determined based on preschooler nutritional status using weight for age (wt/age) indicator collected from Community Health Centre (Puskesmas) and Health Services Unit (Posyandu) pooling data. Food consumption diversification using food desirable pattern approach was evaluated based on qualitative data of family food consumption, which calculated from their food consumption data derived from 24 hours Food Recall- method for 3 days. The results showed that food consumption diversification in those districts were low since the average qualitative data reached only 56 compared to the national food desirable pattern. Qualitive score of family's food consumption in coastal nutritionally vulnerable area was 53, lower than those in urban area by 54 and agricultural area by 56 or marginal area by 60. Energy contribution from food consumed did not reach the energy composition from nine food groups recommended by national food desirable pattern. Based on this national standard, except for quality value of nut group, the nutritionally vulnerable area have to increase the highest quality value by 17 from cereals in marginal area, by 3 from tuber root in coastal area, by 21 from animal food in coastal area, by 8 from oil and fat group in urban area, by 2 from oily fruit and seed, and from sugar, and 7 from vegetables and fruit in urban area. Statistically, family's socio economy and demographyc charracteristics in those areas did not influence the quality value of family's food consumption significantly. Conversely, in marginal areas, qualitative data of family's food consumption were influenced by the type of job of the head family and housewives significantly.

Key Words : Diversifikasi Konsumsi Pangan, Pola Pangan Harapan , Rawan Gizi, Klasifikasi Fungsi Geografis

PENDAHULUAN

Latar Belakang

Konsumsi pangan yang seimbang dalam jumlah dan jenis, merupakan hal penting karena satu jenis makanan tidak memberikan zat-zat gizi secara lengkap. Oleh karena itu direkomendasi-kan agar masyarakat mengkonsumsi pangan beragam agar tercapai keseimbangan dan terpenuhi energi dan zat gizi sesuai kebutuhan dan kecukupan yang dianjurkan untuk hidup sehat dan berkualitas. Aspek diversifikasi konsumsi pangan mendapat perhatian besar dari pemerintah Indonesia sejak tahun 1974 melalui Inpres No. 14/1974 dan No. 20/1979 tentang Perbaikan Menu Makanan Rakyat (PPMR), diikuti dengan gerakan Aku Cinta Makanan Indonesia (ACMI) dan Gerakan Sadar Pangan dan Gizi (GSPG). Pedoman Umum Gizi Seimbang (PUGS) juga

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