VALIDASI METODE HDDS (*HOUSEHOLD DIETARY DIVERSITY SCORE*) UNTUK IDENTIFIKASI RUMAH TANGGA RAWAN PANGAN DI INDONESIA

(Validation of HDDS (Household Dietary Diversity Score) Method to Identify of Food Insecure Household in Indonesia)

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ABSTRAK

Salah satu metode yang digunakan dalam menilai keragaman konsumsi pangan rumah tangga adalah *Household Dietary Diversity Score* (HDDS), yang mencerminkan kemampuan ekonomi rumah tangga dalam memperoleh berbagai jenis bahan pangan. Tujuan penelitian ini adalah uji coba metode HDDS untuk menilai keragaman konsumsi pangan rumah tangga dan identifikasi rumah tangga rawan pangan. Hasil analisis menunjukkan skor HDDS tinggi di seluruh lokasi penelitian, yang berarti konsumsi pangan rumah tangga cukup beragam, namun secara kuantitas asupan energi dan proteinnya masih rendah. Terdapat 61,3% dari total rumah tangga contoh tergolong kelompok defisit energi tingkat berat ($< 70\%$ TKE). Uji sensitivitas (Se) dan spesifisitas (Sp) menunjukkan HDDS sensitif 26,95% menilai keragaman konsumsi pangan pada rumah tangga rawan pangan dan spesifik 85,16% menilai keragaman konsumsi pangan pada rumah tangga tahan pangan. Setelah dilakukan modifikasi dengan mengkategorikan kelompok pangan berdasarkan fungsi gizi, nilai Se meningkat menjadi 91,04% dan nilai Sp menurun menjadi 35,61%. Hasil ini menunjukkan bahwa HDDS termodifikasi mampu mengidentifikasi rumah tangga rawan pangan. Berdasarkan uji korelasi Pearson, skor HDDS tidak berhubungan secara signifikan dengan status gizi balita ($p>0,05$). Namun, status gizi balita, khususnya usia 24–59 bulan secara signifikan berhubungan dengan TKE rumah tangga ($p<0,05$) dengan nilai korelasi Pearson sebesar 0,218.

Kata kunci: HDDS, keragaman pangan, konsumsi pangan, rawan pangan.

ABSTRACT

Household Dietary Diversity Score (HDDS) is the method that is used to assess the dietary diversity. Its reflects the economic ability of household to obtain various types of food. The general objective of this study was to testing HDDS for the household dietary diversity assessment and identification of food insecure household. The results of data analysis showed a high HDDS scores (scores 6-12) across the study sites, which means, household food consumption is quite diverse. In terms of quantity, energy and protein intake of household remains low despite HDDS scores indicate that consumption has been diverse. There were 61,3% of the total household samples that classified as severe level of energy deficit group ($<70\%$). The test of the sensitivity (Se) and specificity (Sp) of HDDS showed that HDDS only 26,95% sensitive to assess the dietary diversity in food insecure households and 85,16% specific to assess the dietary diversity in food secure households. After modifications by grouping of food based on nutritional function, the Se values increased to 91,04% and Sp values decreased to 35,61%. These results indicated that the modified HDDS were able to identify food insecure households. Based on Pearson correlation test, HDDS scores were not significant with nutritional status of children ($P> 0,05$). However, the nutritional status of children, especially ages 24–59 months was significantly associated with the level of adequacy of energy household ($p <0,05$), with a Pearson correlation value of 0,218.

Keywords: HDDS, dietary diversity, food consumption, food insecurity.