DESI YUDIANTI. An Analysis of Water Intake and Nutritional Quality of Diet Among Indonesian Elderly (Supervised by Hardinsyah and Yayat Heryatno)

The objective of this research was to analyze water intake and nutritional quality of diet among Indonesian elderly. This research was carried out through analyzing a data set of Riskesdas, collected in May-August 2010 by applying a cross-sectional study design. This study area consists of 441 regencies/cities in 33 provinces. Data processing, analysis, and interpretation by the researcher among 26218 elderly (from 28347 Indonesian elderly) were conducted in Bogor between June-September 2011. The result showed that the mean total water intake of elderly man and woman was 1670.5 ± 598.8 mL/day and 1498.7 ± 530.5 mL/day (p<0.01), respectively. Percentage of water from beverages, food, and metabolic of man and woman are 55.7%, 34.5%, 9.8% and 56.2%, 34.2%, 9.6%, respectively. Water requirement of elderly man and woman was 2418.9±721.9 mL/day and 1942.1±538.8 mL/day (p<0.01), respectively. Adequacy levels of water intake was calculated from data Riskesdas for man and woman was 74.4±33.2 % and 82.1±34.8 % (p<0.01), respectively. Nutritional quality of diet among Indonesian elderly man (58.4%) and woman (56.6%) was very low (the mean of MGP in man and woman was 51.3±16.3 and 52.2±16.7), only 2.6% of man and 3.3% of woman have good nutritional quality of diet (p<0.01), respectively. Water intake had a significant correlation with age (r=-0.107), education (r=0.135), and economic status (r=0.147). Nutritional quality of diet had a significant correlation with age (r=0.045), education (r=0.110), and economic status (r=0.197). Water intake and nutritional quality of diet had significant difference between elderly who lives in rural and urban.

Keywords : elderly, water intake, total requirement, water adequacy level, nutritional quality of diet