ABSTRACT

LUCY AMILIA. An Analysis of Water Intake and Nutritional Quality of Diet among Indonesian Children (Supervised by Hardinsyah and Djoko Kartono).

The objective of this research was to analyze water intake and nutritional quality of diet among Indonesian children. This research was carried out through analyzing a data set of Riskesdas collected in May-August 2010 by applying a cross-sectional study design. Research area consists of 441 Regencies/Cities in 33 Provinces of Indonesia with total screened sample size 41655 children from 48915 children age 0-9 years. Data processing, analysis, and interpretation were conducted in Bogor in June-September 2011. The result showed that the mean total water intake of boys and girls was 1269 ± 481 mL/day and 1250 ± 473 mL/day (p<0.01), respectively. Percentage of water from beverages, food, and metabolic of boys and girls was 62.1%, 27.3%, 10.6% and 62.2%, 27.3%, 10.5%, respectively. Water requirements of boys and girls was 1431±345 mL/day and 1360±285 mL/day (p<0.01), respectively. Water adequacy level for boys and girls was 92.6 ± 41.0 % and 95.4±42.7 % (p<0.01), respectively. Nutritional quality of diet from boys (40.9%) and girls (41.8%) in Indonesia was very low (a mean of MGP from boys and girls was 58.9 ± 18.0 and 58.7 ± 18.0, respectively). Only 8.3% of boys and girls had good nutritional quality of diet (p>0.05). Water intake and nutritional quality of diet had significant differences between children who live in rural and urban. Water intake had a significant correlation with father’s education (r=0.090), mother’s education (r=0.082), and economic status (r=0.167). MGP score also had a significant correlation with education of father (r=0.186), education of mother (r=0.184), and economic status (r=0.274).

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