ABSTRACT


The general objective of this study was to assess food management, food consumption, and nutritional status of residents in UPT T&R BNN. This study used cross-sectional design with methods of observation and interview using the questionnaire at UPT T&R BNN from July until September 2011. Samples was purposively chosen with the total of 55 male respondents who were in the primary phase in UPT T&R BNN.

Food management started from menu planning to food distribution to consumers. Everyday the kitchen food organizers provide food for ± 400 people. Those of which included employees and residents of the detoxification stage, entry unit, primary unit, re-entry, and discharge program. The menu cycle used was a 10 day cycle plus a special menu for the 31st day. The most required food was rice as many as 12.85 tonnes of rice for three months. The level of energy consumption was 56.4 percent which were categorized in the normal level. Protein consumption of 54.5 percent were categorized in the normal levels as well. Statistical paired sample test showed that the average nutritional status at the beginning of entry rehabilitation (21.8 ±3.4) was significantly different from the average nutritional status at the time of the study (23.4 ±3.2) at p<0.01. The energy and protein consumption level was significantly negatively associated with the nutritional status (r = -0.560, p < 0.01), (r = -0.623, p < 0.01).

Keywords: food management, energy and protein consumption level, nutritional status