CORRELATION OF NUTRIENT INTAKE AND CONSUMPTION OF TANIN, FITAT AND OKSALAT TOWARDS ANAEMIA STATUS

Abstrak :

School age children are one of the high risk groups of anaemia. Anaemia can be caused by consuming unbalanced and less various of food, and nonfood factor i.e malaria and worm infection. Anaemia could disturb school children productivity, characterized by decreasing of learning capacities and learning ability. Children who were suffered from anaemia also can be infected easily.

The aim of this research was to know correlation between level of iron, protein and vitamin C consumption as enhancer factor, frequency of tannin, fitat, oksalat and fibre consumption as inhibitor factor with anaemia status in malaria endemic area.

This research was an observational research using cross sectional study design. Sixty two (62) samples were chosen using simple random sampling technique, from students of SDN Ngreco III who were in third up to sixth grade. The research was held in November 2005 until March 2006. Spearman correlation test was used to statistical analysis.

According to the result of the research, anaemia prevalence of elementary school children in SDN Ngreco III was 30.6 %. Statistical analysis showed that there was correlation between iron consumption level with anaemia status but there was no correlation between protein and vitamin C consumption level with anaemia status. There was correlation between frequency of tannin (tea) consumption with anaemia status. And there was no correlation between frequency of tannin (coffee), fitat, oksalat and fibre consumption with anaemia status.

This research conclude that there was correlation between iron consumption level frequency of tannin (tea) consumption with anaemia status. It's suggested to consume variety of food and increase intake of enhancer factor food i.e. protein and vitamin C. It's also important to rearrange consumption of inhibitor food i.e. tannin, fitat, oksalat and fibre.

Keyword :

Anaemia, consumption level, tannin, fitat, oksalat