

ABSTRACT

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THE RELATIONSHIP OF DIETARY PATTERNS, EXCLUSIVE BREASTFEEDING HISTORY AND SOCIO-ECONOMIC STATUS WITH THE INCIDENCE OF OBESITY IN TODDLER AGES 24-59 MONTHS IN THE WORKING AREA OF THE LANDASAN ULIN HEALTH CENTER

Skripsi, Program Studi Gizi. 2024

Obesity are characterized by a situation in which an individual's caloric intake exceeds caloric expenditure. It is widely recognized that factors contributing to obesity include diet, a history of exclusive breastfeeding, and socio-economic status. Study aims investigate rapport between diet, record exclusive breastfeeding, and socio-economic status within prevalence obesity among children 24-59 months at Landasan Ulin Banjarbaru Puskesmas.. This research employs an observational case-control design. A total sampling method with a 1:1 ratio was used, resulting in a sample size of 58 respondents each across case and control groups. Data on height were collected using microtools, while dietary information, history of exclusive breastfeeding, and socio-economic status were gathered employ interviews and surveys. The chi-square test applied for analysis data. The study's observations indicated majority obese respondents a poor diet (80%), a significant proportion had a history of not being exclusively breastfed (76%), and most were from higher socio-economic backgrounds (63%). These findings suggest a significant association between diet, history of exclusive breastfeeding, and socio-economic status with the prevalence obesity children, with $p < 0.05$. Recommended the parents allocate greater observance appropriate dietary patterns and physical activity that align with their child's needs.

Keywords :*Diet, history of exclusive breastfeeding, obesity, socioeconomic status*