

Gambaran Asupan Gula Murni dalam Minuman Manis berdasarkan Status Gizi Penduduk Usia 20 – 24 Tahun di Kabupaten Sleman

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ABSTRAK

Latar Belakang: Indonesia merupakan salah satu negara di wilayah Asia Tenggara dan Pasifik yang memiliki prevalensi berat badan lebih (gemuk) yang meningkat secara cepat (Kementerian PPN, 2019). Status gizi merupakan gambaran ukuran pemenuhan kebutuhan gizi yang diperoleh dari asupan dan pemanfaatan zat gizi oleh tubuh yang didapatkan dari hasil pemeriksaan fisik/klinis, pengukuran data antropometri, hasil uji biokimia, dan riwayat gizi (Nasar *et al.*, 2017). Salah satu pengaruh terjadinya obesitas yaitu dikarenakan jumlah konsumsi gula.

Tujuan: untuk mengetahui gambaran asupan gula murni dalam minuman manis berdasarkan status gizi pada penduduk usia 20 – 24 tahun di Kabupaten Sleman.

Metode: Penelitian observasional dengan desain *cross sectional* dengan jumlah sampel 100 orang penduduk usia 20 – 24 tahun di Kabupaten Sleman. Analisis data menggunakan analisis univariat dengan uji *Crosstabs*.

Hasil: Jumlah responden dengan status gizi kurang sebanyak (16%), status gizi normal (51%), status gizi lebih (33%). Rata-rata asupan gula murni dalam minuman manis terhadap pemenuhan kebutuhan energi total yaitu 13,44% dan terhadap pemenuhan kebutuhan karbohidrat yaitu 18,16%. Asupan gula murni dalam minuman manis terhadap energi total berdasarkan status gizi penduduk usia 20-24 tahun yaitu pada status gizi gemuk berat (17,66%), gemuk ringan (15,12%), normal (11,90%), kurus ringan(6,91%), dan kurus berat (12,64%). Sedangkan asupan gula murni dalam minuman manis terhadap kebutuhan karbohidrat yaitu pada status gizi kurus berat (9,59%), kurus ringan (15,32%), normal (15,47%), gemuk ringan (26,40%); dan (23,51%)

Kesimpulan: Rata-rata status gizi responden yaitu normal, asupan gula murni terhadap energi total dan karbohidrat melebihi batas anjuran.

Kata kunci : Asupan gula murni dalam minuman manis, Status gizi, Penduduk usia 20 – 24 tahun di Kabupaten Sleman.

Overview of Pure Sugar Intake in Sugary Drinks based on The Nutritional Status of Population Aged 20 - 24 Years in Sleman Regency

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ABSTRACT

Background: Indonesia is one of the countries in southeast Asia and the Pacific region that has a prevalence of weight gain (fat) which is increasing rapidly (Kementerian PPN, 2019). Nutritional status is a picture of a measure of meeting nutritional needs obtained from the intake and utilization of nutrients by the body obtained from the results of physical/clinical examinations, measurements of anthropometric data, biochemical test results, and nutritional history (Nasar *et al.*, 2017). One of the effects of obesity is due to the amount of sugar consumption.

Purpose: To find out the picture of pure sugar intake in sugary drinks based on nutritional status in residents aged 20-24 years in Sleman Regency.

Method: The research used is observational research with a cross sectional design with a sample of 100 people aged 20-24 years in Sleman Regency. Data analysis uses univariate analysis with crosstabs test.

Result: The number of respondents with less nutritional status (16%), normal nutritional status (51%), more nutritional status (33%). The average intake of pure sugar in sugary drinks to meet total energy needs is 13.44% and towards the fulfillment of carbohydrate needs which is 18.16%. Intake of pure sugar in sugar-sweetened beverages to total energy based on the nutritional status of the population aged 20-24 years is in the nutritional status of heavy fat (17.66%), light fat (15.12%), normal (11.90%), light thin (6.91%), and heavy thin (12.64%). While the intake of pure sugar in sugary drinks to carbohydrate needs is in the nutritional status of severe thin (9.59%), light thin (15.32%), normal (15.47%), light fat (26.40%); and (23.51%).

Conclusion: The average nutritional status of respondents was normal, pure sugar intake to total energy and carbohydrates exceeded the recommended limit.

Keywords: Intake of pure sugar in sugary drinks, Nutritional status, Population aged 20 -24 years in Sleman Regency.