

**KERAGAMAN MAKANAN ANAK USIA 24-59 BULAN
DITINJAU DARI IDDS (INDIVIDUAL DIETARY DIVERSITY SCORE)
DI DESA SRIHARDONO KECAMATAN PUNDONG
KABUPATEN BANTUL**

Arum Maulidia¹, Waryana², Almira Sitasari³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : arum2291@gmail.com, waryana60@yahoo.com, almira.sita@gmail.com

ABSTRAK

Latar Belakang: Prevalensi balita gizi buruk di Kecamatan Pundong pada tahun 2019 menempati posisi nomer 6 tertinggi Se-Kabupaten Bantul yaitu sebesar 0,63% dan prevalensi balita gizi gemuk menempati posisi tertinggi Se-Kabupaten Bantul yaitu sebesar 8,81%. Penilaian keragaman makanan dapat digunakan untuk menilai kecukupan gizi pada balita.

Tujuan: Mengetahui gambaran keragaman makanan pada anak usia 24-59 bulan ditinjau dari skor IDDS (Individual Dietary Diversity Score).

Metode: Penelitian ini dilakukan pada 16-21 Desember 2019 di Desa Srihardono, Kecamatan Pundong, Kabupaten Bantul dengan desain *cross sectional*. Sampel adalah sebanyak 52 anak berusia 24-59 bulan yang diambil dengan menggunakan teknik *purposive sampling*. Data konsumsi makanan 1x24 jam diperoleh melalui wawancara *food recall* 24 jam yang kemudian dianalisis menggunakan IDDS (*individual dietary diversity score*) yang mana konsumsi makanan dinilai beragam apabila mengonsumsi lebih dari 4 kelompok pangan dari 9 kelompok pangan.

Hasil: Konsumsi keragaman makanan pada anak usia 24-59 bulan di Desa Srihardono, Kecamatan Pundong, Kabupaten Bantul berdasarkan IDDS telah beragam dengan skor IDDS 5,5.

Kesimpulan: Anak usia 24-59 bulan di Desa Srihardono, Kecamatan Pundong, Kabupaten Bantul telah mengonsumsi makanan yang beragam.

Kata Kunci: keragaman makanan, IDDS.

**FOOD DIVERSITY OF CHILDREN AGED 24-59 MONTHS
BASED ON IDDS (INDIVIDUAL DIETARY DIVERSITY SCORE)
IN SRIHARDONO VILLAGE, PUNDONG SUBDISTRICT, BANTUL
REGENCY**

Arum Maulidia¹, Waryana², Almira Sitasari³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : arum2291@gmail.com, waryana60@yahoo.com, almira.sita@gmail.com

ABSTRACT

Background: The prevalence of malnutrition in children under five years old in Pundong subdistrict in 2019 occupies the 6th highest position in Bantul district was 0,63% and the 1st position for overweight was 8,81%. Food diversity assessment can be used to assess nutritional adequacy in children under five years old.

Purpose: To know the description of food diversity in children aged 24-59 months based on IDDs (Individual Dietary Diversity Score).

Methods: This research was conducted on December 16 to 21, 2019 in Srihardono, Pundong, Bantul Regency by using cross sectional design. Samples are as many as 52 children aged 24-59 months taken using purposive sampling technique. Consumption of food 1x24 hours data obtained by 1x24 hours food recall interviews then analyzed using IDDs in which food consumption was judged to be diverse when consuming more than 4 from 9 food groups.

Result: Diverse food consumption in children aged 24-59 months based on IDDs (individual dietary diversity score) in Srihardono, Pundong, Bantul regency has been varied with a score of 5,5.

Conclusion: Children aged 24-59 months in Srihardono, Pundong, Bantul regency have consumed a variety of foods.

Keywords: food diversity, IDDS.