

Hubungan Ketahanan Pangan Rumah Tangga dan Praktik MP-ASI dengan Status Gizi Berdasarkan CIAF pada Balita 6–23 Bulan di Kecamatan Gambir

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ABSTRAK

Masalah gizi pada balita masih menjadi perhatian kesehatan masyarakat, terutama pada usia 6–23 bulan yang merupakan periode kritis pertumbuhan dan perkembangan serta masa transisi dari pemberian ASI menuju makanan pendamping ASI (MP-ASI). Ketidacukupan akses pangan rumah tangga dan praktik MP-ASI yang belum optimal dapat memengaruhi asupan zat gizi anak serta meningkatkan risiko kegagalan antropometri. Penggunaan *Composite Index of Anthropometric Failure* (CIAF) memberikan gambaran yang lebih komprehensif dalam mengidentifikasi masalah gizi dibandingkan indikator antropometri tunggal. Penelitian ini bertujuan untuk menganalisis hubungan ketahanan pangan rumah tangga dan praktik MP-ASI dengan status gizi berdasarkan CIAF pada balita usia 6–23 bulan di Kecamatan Gambir, Jakarta Pusat. Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional* pada 268 balita usia 6–23 bulan. Data dikumpulkan melalui wawancara menggunakan *Household Food Insecurity Access Scale* (HFIAS), penilaian praktik MP-ASI berdasarkan indikator *Minimum Dietary Diversity* (MDD), *Minimum Meal Frequency* (MMF), *Minimum Milk Feeding Frequency* (MMFF), dan *Minimum Acceptable Diet* (MAD), serta pengukuran antropometri berat badan dan panjang badan. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa 76,5% rumah tangga berada dalam kategori tahan pangan dan 23,5% mengalami kerawanan pangan. Praktik MP-ASI menunjukkan bahwa 68,3% balita memenuhi MDD, 88,8% memenuhi MMF, 97,0% memenuhi MMFF, dan 60,1% memenuhi MAD. Berdasarkan CIAF, sebanyak 78,0% balita dengan status gizi normal dan 22,0% mengalami kegagalan antropometri. Terdapat hubungan yang signifikan antara ketahanan pangan rumah tangga dan praktik MP-ASI dengan kegagalan antropometri berdasarkan CIAF ($p = 0,0001$). Ketahanan pangan rumah tangga dan praktik MP-ASI berhubungan dengan kegagalan antropometri pada balita usia 6–23 bulan. Intervensi gizi berbasis keluarga diperlukan untuk meningkatkan akses pangan bergizi dan praktik MP-ASI yang sesuai usia.

Kata Kunci: Ketahanan pangan, MP-ASI, *Composite Index of Anthropometric Failure*

The Relationship Between Household Food Security and Complementary Feeding Practices with Nutritional Status Based on CIAF Among Children 6–23 Months in Gambir District

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ABSTRACT

Nutritional problems among children under five remain a public health concern, particularly among children aged 6–23 months, as this period represents a critical stage of growth and development and a transition phase from breastfeeding to complementary feeding. Inadequate household food access and suboptimal complementary feeding practices may affect children's nutrient intake and increase the risk of anthropometric failure. The Composite Index of Anthropometric Failure (CIAF) provides a more comprehensive assessment for identifying nutritional problems compared with single anthropometric indicators. This study aimed to analyze the association between household food security and complementary feeding practices with nutritional status based on CIAF among children aged 6–23 months in Gambir District, Central Jakarta. This study used an observational analytic design with a cross-sectional approach involving 268 children aged 6–23 months. Data were collected through interviews using the Household Food Insecurity Access Scale (HFIAS), assessment of complementary feeding practices based on Minimum Dietary Diversity (MDD), Minimum Meal Frequency (MMF), Minimum Milk Feeding Frequency (MMFF), and Minimum Acceptable Diet (MAD), as well as anthropometric measurements of body weight and length. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. The results showed that 76.5% of households were categorized as food secure, while 23.5% experienced food insecurity. Complementary feeding practices showed that 68.3% of children met MDD, 88.8% met MMF, 97.0% met MMFF, and 60.1% met MAD. Based on CIAF classification, 78.0% of children did not experience anthropometric failure, while 22.0% experienced anthropometric failure. A significant association was found between household food security and complementary feeding practices with anthropometric failure based on CIAF ($p = 0.0001$). Household food security and complementary feeding practices were associated with anthropometric failure among children aged 6–23 months. Family-based nutrition interventions are needed to improve access to nutritious foods and promote appropriate age-specific complementary feeding practices.

Keywords: Household food security, Complementary feeding, Composite Index of Anthropometric Failure