

Pengaruh Suplementasi Minyak Selama enam bulan terhadap Pertumbuhan anak masa penyapihan.

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Abstrak :

Background:

Weaning period is a critical period in developing country. At this time children are growing fast but often they receive food below their daily requirement. Oil is a high energy food but used. The aim of the study was to find whether oil supplementation for six month can improve growth rarely and accepted by children.

Methods:

This study used randomized controlled trial. the study was held on 2003 at bulu lor village, east of Semarang, Central Java. 184 subject from 6-18 month divided into 2 group. Oil group (99 children) received 200 cc oil every 2 weeks and the placebo group (85 children) received 200cc syrupus simplex. Each child received 3 times a tea spoonfull per day mixed in complementary food. Weight (in gram) of subject were measured every two weeks until 24 weeks (6 month). Height (in cm) were measured every 4 weeks (a month) until 24 weeks.

Result :

On the average fat intakes was low in 52.2% of the children. The compliance in study was 88.6%. There were difference in μ WAZ Score ($p=0,000$) dan μ HAZ Score ($p= 0,000$) between treated and non treated group among 6-12 month old children. However, among 12 -18 olds children the difference was not significant. Diarrhea happened in 2 children and was overcome by giving the oil little by little. Conclusion : Oil Supplementation gives effect on growth in 6 – 12 month old group. Infant of 6 -18 month can receive oil incorporate in their weaning food

Keywords : Oil Supplementation, Growth, weaning period.

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