FACTORS AFFECTING NUTRITIONAL STATUS AMONG CHILDREN UNDER FIVE YEARS OF AGE IN FARMER FAMILIES, IN EAST KUPANG, EAST NUSA TENGGARA

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ABSTRACT

Background: The South Asian region is home to nearly half of the poor and malnourished population of the world. Agriculture is the main source of livelihood as it employs 60% of the total workforce. The level of income among farmers can affect the food availability in farm households. This study aimed to examine the factors associated with nutritional status among children under five years of age in farmer families, in East Kupang, East Nusa Tenggara.

Subjects and Method: This was a cross-sectional study conducted in Kupang, East Nusa Tenggara. A total of 50 farmer families were selected in this study at random. The study population was children under five years of age. The dependent variable was nutritional status. The independent variables were farm land income, ownership, worked out area, agricultural land processing, and division of agricultural products. The data were collected using questionnaire and analyzed by a multiple logistic regression.

Results: Farm land ownership, worked out area, agricultural land processing system, and division of agricultural products system were associated with the level of income among farmers. However, the income level was not statistically associated with food availability nor food consumption pattern. Food availability, consumption pattern, history of infectious disease, and maternal nutritional knowledge, were associated with nutritional status of children under five of age.

Conclusion: Nutritional status of children under five year of age is associated with food availability, consumption pattern, history of infectious disease, and maternal knowledge in the farmer households.

Keywords: nutritional status, consumption pattern, infectious disease, children under five

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