FAD DIETS AND OTHER FACTORS AFFECTING THE RISK OF CHRONIC ENERGY DEFICIENCY AMONG ADOLESCENT FEMALES AT THE BOARDING SCHOOL

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ABSTRACT

Background: Women of reproductive need higher nutrition intake to obtain adequate levels of nutrition prepare for pregnancy and during their pregnancy. Inadequate nutrition intakes in pregnant women have been reported to lead to poor maternal and infant outcomes. This study aimed to investigate the effects of fad diets and other factors on the risk of chronic energy deficiency among adolescent females at the boarding school.

Subjects and Method: A cross-sectional study was conducted at Islamic boarding school in Yogyakarta, Indonesia. A sample of 200 female adolescents aged 19-24 years was selected by simple random sampling. The dependent variable was CED. The independent variables were perception toward body image, calorie intake, protein intake, fad diet, stress, and knowledge toward nutrition. The data were collected by digital weight scale, microtoise, mid-upper arm circumference tape, and questionnaire. The data were analyzed by a multiple logistic regression run on Stata 13.

Results: The risk of CED in female adolescents increased with negative body image (OR= 2.30; 95% CI= 1.02 to 5.18; p= 0.044), fad diet (OR= 3.94; 95% CI= 1.71 to 9.08; p= 0.001), and high stress (OR= 7.02; 95% CI= 2.93 to 16.83; p<0.001). The risk of CED decreased with high calorie intake (OR= 0.31; 95% CI= 0.14 to 0.69; p= 0.005), high protein intake (OR= 0.30; 95% CI= 0.11 to 0.83; p= 0.020), and high knowledge toward nutrition (OR= 0.43; 95% CI= 0.20 to 0.96; p= 0.038).

Conclusion: The risk of CED in female adolescents increases with negative body image, fad diet, and high stress. The risk of CED decreases with high calorie intake, high protein intake, and high knowledge toward nutrition.

Keywords: chronic energy deficiency, body image, fad diet