THE ASSOCIATION OF CLEAN AND HEALTHY BEHAVIOR ON NUTRITIONAL STATUS IN CHILDREN UNDER FIVE IN WANGAPU, EAST SUMBA, EAST NUSA TENGGARA

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ABSTRACT

Background: Studies hypothesized the correlation between infections and fecal pathogens in the etiology of stunting. It indicates that clean and healthy behavior, clean drinking water, sanitation facilities that hygienically separate feces from human contact, and appropriate hygiene behaviors, such as handwashing with soap can reduce exposures to harmful enteric pathogens of human. Poor sanitation and unhealthy behavior can lead to environmental enteric dysfunction, a chronic condition that reduces intestinal nutrient absorption.

Subjects and Method: A cross sectional study was carried out at community health center in Waingapu, East Sumba, East Nusa Tenggara, Indonesia, in April 2021. A sample of 200 mothers with their children was selected randomly. The dependent variable was child nutritional status. The independent variable was clean and healthy behavior. The data were collected by questionnaire and analyzed by a simple logistic regression.

Results: Clean and healthy behavior increased child nutritional status 5.50 times than those with poor clean and healthy behavior (OR= 5.50; 95% CI= 1.19 to 25.43; p= 0.029).

Conclusion: Clean and healthy behavior increases child nutritional status.

Keywords: clean and healthy behavior, nutritional status

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