



ABSTRACT

## Association between minimum dietary diversity practice in children aged 6-23 months with nutritional status in east Jakarta 2020

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**Introduction :** The effects of malnutrition such as stunting, wasting, and underweight in the 1000 first days of life are irreversible, but is preventable by giving high quality complementary feeding practice. This study aims to examine the relationship between achievement of minimum dietary diversity (MDD) with nutritional status among children aged 6-23 months in East Jakarta during COVID-19 pandemic in 2020.

**Methods :** This cross-sectional study used secondary data from a research in Kampung Melayu Village, East Jakarta, with a total sampling of 102 subjects aged 6-23 months. MDD data was obtained through a 24-hour food recall, and then entered into the MDD achievement questionnaire. Data related to age, gender, mother's education level, and household income were also analyzed. Chi square test and logistic regression using SPSS Statistics version 25 was conducted.

**Results :** Majority of subjects in the study were 12-17 months (39.2%) and with an equal proportion between male and female. A total of 52% of subjects achieved MDD on the previous day's food intake. Stunting is the most prevalent nutritional status (20.6%, similar to data in Jakarta 2019) compared to wasting (15.7%) and underweight (12.7%), which are respectively higher and lower than the prevalence in Jakarta during 2019. No significant relationship was found between MDD and nutritional status, but gender was considered to be related to stunting ( $p=0.003$ ; 95% CI=1.81-19.03) and underweight ( $p=0.012$ ; 95% CI=1.54-36.73).

**Conclusion :** In analyzing the relationship between the quality of intake and nutritional status, other aspects such as the amount of intake also need to be taken into account.

**Keywords:** minimum dietary diversity, dietary diversity, 6–23 months, nutritional status, stunting, wasting, underweight, COVID-19

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