



ABSTRACT

Assessment of the nutrient intake of lactating women in Jakarta: before pandemic strikes

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Background and objectives : Nutrition is important for immune system. Lactating women are more susceptible to nutrient deficiencies therefore diseases. More attention to the intake status of lactating women is needed in order to optimize intervention when required. The aim of this study was to assess the adequacy of nutrient intake of lactating women in Jakarta.

Methods : This cross-sectional study was conducted in two community health centers in Jakarta from February-April 2019. Seventy-four lactating women were recruited as subject then interviewed to acquire subject characteristics. Height and weight were measured to calculate BMI for nutritional status assessment. Dietary intake data were collected using a semi-quantitative food frequency questionnaire.

Results : Mean BMI of subjects was 23.4 ± 3.8 kg/m² and median of energy intake was 2455 kcal/day. Most subjects (51.4%) had energy intake below RDA, also low intake of other nutrients; 58.1% had low carbohydrate intake, 58.1% had low iron intake, and 77% had low zinc intake. Dietary intake of vitamin A, vitamin C, vitamin B₆, folate, and vitamin B₁₂ were adequate for the majority of subjects (89.2%, 59.5%, 60.8%, 100%, and 73% respectively). Around 52.5% (37–68%) of energy intake was provided from carbohydrate, ~14% (9–24%) from protein, and ~33% (21–43%) from fat

Conclusion : Most of the lactating women in Jakarta had inadequate intake of energy, carbohydrate, zinc, and iron. Several subjects had imbalanced proportion of energy intake from macronutrient. These may reduce breast milk quality and increase long-term risk of degenerative diseases. Thus, interventions such as nutrition education are recommended for better nutritional outcomes.

Keywords: lactating women, nutrient intake, macronutrient, micronutrient

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