Concentration of Zinc (Zn) Micronutrients in Breast Milk Based on Maternal and Baby’s Determinant in Kassi-Kassi Health Center

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ABSTRACT
Breast milk is a complex mix of biological fluids micronutrient and macronutrient that is regarded as the perfect food for infants breastfeeding. Zinc who was instrumental in various biological functions and physical growth. This research aims to know the average content of micronutrients zinc (Zn) breast milk based on determinants of infants (birth weight) and mother (nutritional status, patterns of intake) and description of the pattern of breastfeeding mothers. The type of research used namely observational descriptive with cross-sectional study design. The population was the mother in Kassi-Kassi health center within 1 month (April-May 2016) amounted to 41 people. Sample research namely the mother who gave birth to quite amonth and breastfeeding her baby. Withdrawal of samples using random sampling with a large sample of 37 people. Samples of breast milk were analyzed in the laboratory by using the method of Atomic Absorption Spectrofotometry (AAS). The research results obtained average deposits of zinc breast milk (n=37) (0.88±0.54 mg/L) with the highest value on babies low birth weight (1.13 ± 0.67mg/L), the nutritional status of mothers who have normal (0,981 ± 0.514 mg/L) and intake patterns less zinc (0,94 ± 0.54 mg/L). Description of the pattern of breastfeeding mothers, (67.6%) mothers have experience with (81.1%) breastfeeding more than (>8 times a day). The conclusions of this research the average value of the highest content of breast milk of zinc on low birth weight babies, nutritional status of the mother, the mother's intake pattern that pertained less.

Keywords: Zink, breast milk, determinants, mother, baby