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Oral A1.e
Association Of Food Consumption Pattern And Anemia Among Female Student In Faculty Of Public Health, Hasanuddin University, Makassar, Indonesia
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Anemia is one of nutritional problem in Indonesia and is found in all age group. The late adolescent (18-20 years old) include in the susceptible group for anemia due to the changing of life style (consumption pattern, activity, alcohol and drug addiction). Nutritional anemia would decrease the body immunity, activity, study achievement which finally would decrease the productivity. This study was aimed to know the association of food consumption pattern and anemia incidence among new female student in public health faculty Hasanuddin university. This study was a cross-sectional study. The population were all female students who accepted in 2010 of public health faculty Hasanuddin University (18-20 years old). There were 231 respondents involved in this study. Anemia criteria was based on WHO standard with cut-off point of 12 g/dl. The Hemoglobin was assessed using Hemoglobin Analyzer (Hemocue), food consumption pattern was assessed according to food recall 24 hours and food frequency. Hypothesis test was analyzed using Chi-square test (α =0.05). The study result showed that anemia prevalence was 17.3% (mild anemia was 11.4% and moderate anemia was 1.3%). Most of the anemia cases with lack intake of protein had anemia (21.6%), while the samples with sufficient intake of protein only 9.1% had anemia. Anemia was found more prevalent in the group with lack intake of micronutrients (Fe, folic acid, vitamin B6, vitamin D, vitamin C and Zink) compared to the group with sufficient intake of micronutrients. There was a significant association of micronutrient and anemia intake with the anemia incidence. The poor food consumption pattern had (69.6%) than the samples with adequate consumption pattern.

Public Health Nutrition II

Oral A2.a
A Cohort Study Of Nutritional Supplements During Breastfeeding
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Breastfeeding provides the best nutrition for all infants. During this period many mothers choose to take nutritional supplements. The aim of this study was to document the use of nutrition supplements in a cohort of breastfeeding mothers. The subjects were 587 women recruited from two maternity hospitals in Perth who completed a baseline questionnaire just prior to, or shortly after, discharge from hospital. Women were followed up by telephone interview at 4, 10, 16, 22, 32, 40 and 52 weeks postpartum. Data collected included breastfeeding, factors associated with the initiation and duration of breastfeeding and whether mothers were taking any nutritional supplement. During their pregnancy 78% of mothers took a folic acid supplement and 21% took an iron supplement. After the birth of their infant many mothers continued to take nutritional supplements, and the use fluctuated from 40% to 30% with a gradual decline throughout the first year after birth. The most common supplements taken were iron, multivitamin preparations and calcium. In addition to these common types of supplements more than 40 other types of supplements were recorded, but most were taken by only a small number of mothers. For example one mother took a garlic supplement throughout and another used ginger supplements. Recently Australia has recommended that mothers should take an iodine supplement while pregnant or breastfeeding, but in this study none were doing so. The large variety of supplements being used while breastfeeding suggests the need for education on nutritional requirements during pregnancy and lactation.

Oral A2.b