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"Nutrition and Food Innovation for Sustained Well-being"



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Abstracts of the Asian Congress of Nutrition 2019

Nutrition and Food Innovation for Sustained Well-Being

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Analysis of Strategic Foods Self-Sufficiency in Parigi Moutong Region 2011–2015

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Keywords: Consumption · Production · Self-sufficiency of strategic food

Background/Aims: Analysis of strategic foods self-sufficiency is one of the effort to support the achievement of local food security. Self-sufficiency is depend on local food production to fulfill the actual consumption their population. The general objective of this study is to analyze self sufficiency of strategic food in Parigi Moutong region from 2011–2015. **Methods:** This study used secondary data which are consumption data had been collected from SUSENAS and production of strategic foods data during 2011–2015. Processing and analysis of data were conducted in June–August 2016. **Results:** The development of strategic food's consumption were tending to increasing while the production were decreasing during 2011–2015. **Conclusion:** Calculation of sufficiency of strategic food according to net production towards consumption of population showed that commodity of strategic foods which belonged to self sufficiency category in 2011–2015 was rice. While the other commodities which were soybean, beef, and fresh fish belonged to self-sufficiency category in some year during 2011–2015. The other commodities which were chicken and eggs belonged to not self sufficiency category during 2011–2015.

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Nutritional Status, Health Status, and Quality of Life among Tea Plantation Workers in Pangalengan, Jawa Barat

Amalina Ratih Puspa^a, Faisal Anwar^b, Ali Khomsan^b

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Keywords: Health status · Nutritional status · Quality of life · Women of childbearing age

Background/Aims: Anemia can decrease the health related quality of life. In addition, health-related quality of life is also affected by nutritional and health status. The objective of this study was to examine the relationship between nutritional, health, and anemia status with quality of life among tea plantation workers. **Methods:** The design of this study was a cross sectional with the number of subjects as many as 116 women of childbearing age. This research was conducted at Nusantara VIII Plantation Company (PTPN VIII) located in Pangalengan, West Java, Indonesia. Food consumption data were obtained through 2x24 hour recall and semi quantitative food frequency questionnaire, nutritional status data (Body Mass Index) was obtained through anthropometry measurement. Anemia status was obtained using HemoCue Hb 201+. Quality of life data was collected through interviews using the Medical Outcome Study 36-Item Short-Form Health Survey (SF-36). Data were analyzed using Pearson and Rank Spear-

man correlation test. **Results:** Most subjects were classified as having a body mass index (BMI) of > 25 kg/m² (overweight and obesity) (53.4%). The prevalence of anemia in this study was 28.5% with an average hemoglobin level subject is 12.6 g/dl. Most of the subjects suffered pain in the last four weeks (83.6%). Most subjects had a good quality of life with an average score of 76.3 ± 13.3. There was no significant relationship between nutritional and anemia status with quality of life. **Conclusion:** There was a positive relationship between Acute Respiratory Infection (ARI) with dimensions of physical and social function.

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Optimization of Fish Processing and Consumption in Minimizing Mercury's Impact on Human Body

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Keywords: Human body · Fish consumption · Fish processing, mercury

Background/Aims: Fish is one of our daily diets which contains high-quality animal protein and micronutrients. However, the trend in fish consumption on the daily basis has recently been less popular due to the number of issues regarding sea pollution especially in the form of mercury, which approximately polluted 2–35% of the oceans globally. Although the health benefit of consuming fish is higher than the risk of health hazards from mercury contamination, there are still many groups of people, who refrain from consuming fish and only received less than 20% of daily intake recommendations during pregnancy. This problem may be due to issues regarding the impact of mercury accumulation. **Methods:** This study uses a qualitative method and will specifically discuss an innovative way of dealing with declining fish consumption in the community. We discuss the processing method and consumption limit for various fish types, which are contaminated by mercury. The result will be socialized to the target groups. **Results:** This program can be directly implemented by the local community, in both rural and urban settings. Before the implementation, this program requires preliminary studies, which consist of population testing for target groups to assess the suitability and effectiveness of the program. **Conclusion:** This program were will be (1) increase the number of fish eaters in the regional community; (2) measure/map the safe amount of fish consumption that is indirectly contaminated by different levels of mercury.