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HEALTH PROFILE AMONG CHILDREN AGED 3-6 YEARS OLD AND ITS RELATED FACTORS IN JAKARTA 2011

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Background:

Many factors contribute towards health status among children aged 3-6 years old. Nutrition and stimulation are amongst the most important factors for their growth and development. A healthy status child will also have normal developmental without behavioral and emotional problems. This study aims to evaluate the nutritional status, developmental and behavioral problems, and cognitive function.

Materials & Methods:

We conducted a cross sectional study at community play-group and several kindergarten schools in Jakarta from March until April 2011. We examined 100 children aged 3-6 years old for anthropometric status, dietary assessment, developmental status, behavioral and emotional status, and cognitive functions.

Results:

The median age of the subjects was approximately five years. By gender, slightly more girls were found. Both parental education and socio-economic level were higher among the kindergarten subjects. Seventy six subjects had tooth decay or losing teeth. There was 7.7% overweight and 20% obese children in kindergarten as compared to 17.1% of obese children in the playgroup. In this study, the median intake was within the range of 1000 – 1550 kcal, and in particular, the median of daily sugar intake contributing more than 10% to total daily calorie intake. All of the subjects had normal developmental status, most of them had average cognitive function, and 13 subjects had behavioral problem. There were no correlation between nutritional status and behavioral problems, but there was a statistically significant correlation between cognitive function (full scale IQ) and nutritional status.

Conclusion:

Most of the subjects had average cognitive function, had normal nutritional, developmental and behavioral status. However, the high prevalence of overweight and obesity among pre-school children should raise more attention in relation to the high daily sugar intake in contributing to total daily calorie intake in which the type of sugar intake was mostly from sucrose and mostly from dairy source.