

ABSTRACT

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Study Program : Nutrition
Title : *Determinant Factors for Adequacy of Protein Intake, Iron, Folic Acid, Vitamin C and Vitamin B6 in Fertile Age Women in Indonesia (Analysis of SDT 2014 Secondary Data)*

Women of childbearing age as prospective mothers are vulnerable groups that must be considered their nutritional status. The quality of a future generation will be determined by the condition of his mother before and during pregnancy. This study aims to determine the determinant factors of adequacy intake of protein, iron, folic acid, vitamin C and vitamin B6 in women of childbearing age in Indonesia based on 2014 SDT data. The research was descriptive with cross sectional design and using total sampling. The statistical tests used were independent t-test and binary logistic regression. The results showed that the majority of respondents had a poor level of adequacy level. Statistical test shows that determinant factors that influence the level of adequacy of protein, iron, folic acid, vitamin C and vitamin B6 intake are age (p -value = 0,000; OR = 2,561), economic status (p -value = 0,020; OR = 1.35), education (p -value = 0.018; OR = 1.51), age (p -value = 0,000; OR = 1.97) and age (p -value = 0.046; OR = 1.26). To increase intake and level of adequacy, it is recommended that related parties such as the health department provide information on food and nutrition on an ongoing basis in order to create behavioral changes and increased intake.

Keywords: *intake, level of intake adequacy, women of childbeari*

