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ABSTRACT

Title of Abstract : Food Insecurity, Diet Quality, and Health among Urban Households in Slum Areas of Samarinda: A Multi-Instrument Study
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Background : Food and nutrition security is a strategic issue in urban areas of developing countries, including Indonesia, where rapid urbanization exacerbates disparities in access to nutritious food.

Objective : This study aims to describe the status of food security, diet quality, and health among households in the slum areas of Samarinda City using multiple assessment instruments.

Research Methods/ Implementation Methods : This quantitative descriptive study involved 86 respondents from three informal settlements, Sungai Kapih, Sidodamai, and Loa Janan Ilir, selected through a two stage cluster sampling method. Data were collected using ten standardized instruments and analyzed descriptively using SPSS version 26.

Results : The results showed that approximately 80% of households experienced food insecurity, and over 65% had low-quality diets dominated by carbohydrates with minimal animal protein, vegetables, and fruits. Most respondents had low educational attainment (66%) and monthly incomes below IDR 3 million (49%), limiting their nutrition literacy and purchasing power for healthy foods, thereby increasing the risk of non-communicable diseases amid high exposure to communicable diseases due to inadequate sanitation.

Conclusion/Lesson Learned : Households in Samarinda slums face fragile food security, limited dietary diversity, high NCD risk, requiring integrated nutrition interventions.

Keyword : food security; urban community nutrition; slum areas; Samarinda