ABSTRACT

Nutritional Status of Babies Aged 6–23 Months in Sambaliung Ward, Berau Regency

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Background : Appropriate complementary feeding supports growth and nutritional status among infants aged six to twenty-three months

Objective : This study examined the correlation between complementary feeding practices and the nutritional status of children aged 6–23 months in Sambaliung Ward, Berau Regency, Indonesia.

Research Methods/ Implementation Methods : An analytical observational study with a cross-sectional design was conducted. Participants were 40 mothers of children aged 6–23 months, selected using accidental sampling. Data on complementary feeding were collected through a 24-hour food recall, while nutritional status was assessed using the weight-for-age anthropometric index. The association between feeding practices and nutritional status was analyzed using the contingency coefficient.

Results : Among children receiving appropriate complementary food, 77.3% had good nutritional status and 22.7% had less good nutritional status. Among those receiving inappropriate complementary food, 77.8% had less good nutritional status, while 22.2% had good nutritional status. Statistical analysis found a p-value of 0.001 and a correlation coefficient of 0.481, indicating a moderate relationship between complementary feeding practices and nutritional status.

Conclusion/Lesson Learned : The findings indicate a moderate correlation between complementary feeding practices and nutritional status among children aged 6–23 months in Sambaliung Ward. Strengthening caregiver knowledge and support for age-appropriate complementary feeding may help promote better child nutrition. However, because the study used a cross-sectional design and included 40 participants selected through accidental sampling, the findings show an association and do not establish causality or necessarily represent all children in the area. Routine growth monitoring and counseling on meal frequency, food diversity, texture, and age-appropriate portions could be considered in maternal and child health services.

Keyword : Transition periode, Administration of complementary food, Nutritional status Babies