

EFFECTS OF MATERNAL NUTRITION STATUS, EDUCATION, AND FAMILY INCOME ON THE RISK OF LOW BIRTHWEIGHT

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ABSTRACT

Background: Low birth weight (LBW) continues to be a significant public health problem globally and is associated with a range of both short- and long-term consequences. Overall, it is estimated that 15% to 20% of all births worldwide are LBW, representing more than 20 million births a year. This study aimed to examine effects of maternal nutrition status, education, and family income on the risk of LBW.

Subjects and Method: This was a cross-sectional study conducted at 3 Puskesmas (Community Health Center) in Cilacap, Central Java. A total of 144 children less than one year of age were selected for this study. The dependent variable was LBW. Low birth weight was defined by the World Health Organization (WHO) as weight at birth less than 2500 g. The independent variables were maternal upper middle arm circumference (MUAC), maternal education, and family income. Data on MUAC were taken from the maternal health record. The data were collected by questionnaire and analyzed by a multiple logistic regression.

Results: The risk of LBW increased with MUAC <23.5 cm (OR=5.68; 95% CI= 1.50 to 21.51; p= 0.012). The risk also increased with low maternal education and low family income although they were statistically non-significant.

Conclusion: The risk of LBW increases with MUAC <23.5 cm. It increases with low maternal education and low family income although they are statistically non-significant.

Keywords: low birth weight, maternal nutrition status, education, family income.

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