

FACTORS ASSOCIATED WITH FRUITS AND VEGETABLES CONSUMPTION AMONG PRIMARY SCHOOL STUDENTS IN TEGAL, CENTRAL JAVA

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ABSTRACT

Background: Fruits and vegetables consumption is important to prevent weight gain and reduce the risk of obesity, an independent risk-factor for non-communicable diseases (NCDs). Around 3.9 million deaths worldwide in 2017 were caused by a lack of fruits and vegetables consumption. This study aimed to factors associated with fruits and vegetables consumption among primary school students.

Subjects and Method: A cross-sectional study was carried out at 25 primary schools in Tegal, Central Java, from April to May 2019. A sample of 200 students was selected for this study by simple random sampling. The dependent variable was fruits and vegetables consumption. The independent variables were sex, knowledge, social economy, fruits and vegetables availability, source of information, favourite food, food selection, and parental role. Data on fruits and vegetables consumption was measured by food frequency questioner (FFQ). The other variables were collected by a multiple logistic regression.

Results: Fruits consumption increased with good knowledge (OR= 2.69; 95% CI= 1.09 to 6.59; p= 0.031), high family income (OR= 7.06; 95% CI= 2.93 to 17.00; p<0.001), fruits availability (OR= 2.74; 95% CI= 1.15 to 6.55; p= 0.023), good information (OR= 3.06; 95% CI= 1.13 to 8.27; p= 0.027), food selection (OR= 5.35; 95% CI= 0.82 to 34.9; p= 0.080), and parental role (OR= 3.33; 95% CI= 1.31 to 8.46; p= 0.027), but it was decreased by male gender (OR= 0.38; 95% CI= 0.16 to 0.89; p=0.028). Vegetables consumption increased with family income (OR= 2.26; 95% CI= 1.04 to 4.90; p= 0.039), vegetables availability (OR= 3.02; 95% CI= 1.53 to 5.94; p= 0.001), parental role (OR= 2.52; 95% CI= 1.18 to 5.39; p= 0.016), and good knowledge (OR= 1.79; 95% CI= 0.92 to 3.50; p= 0.087), but it was decreased by male gender (OR= 0.47; 95% CI= 0.24 to 0.92; p= 0.029).

Conclusion: Fruits consumption increases with good knowledge, high family income, fruits availability, good information, food selection, and parental role, but it is decreased by male gender. Vegetables consumption increases with family income, vegetables availability, parental role, and good knowledge, but it is decreased by male gender.

Keywords: fruits and vegetables, consumption, food selection

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