

3rd International Conference and Exhibition on **Nutrition & Food Sciences**

September 23-25, 2014 Valencia Convention Centre, Spain

Analysis of socio-economic factors on the adequacy of calcium, iron, and zinc in girls of 7-12 years

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The objective of this study was to analyze the socio-economy factors that affect the adequacy level of calcium, iron, and zinc in girls 7-12 years. The design of this study was cross-sectional study using secondary data from National Health Survey (Riskesdas) 2010. Total eligible subject were 11 844 children. Food intake data were collected with 24-hour recall method and converted into nutrient intake (Ca, Fe, and Zn) using food composition table. The adequacy levels of each nutrient were calculated according to Recommended Dietary Allowance. Logistic regression analysis showed that socio-economic factors affecting adequacy level of Ca, Fe, and Zn were age group, economic status, and rural urban area. Meanwhile, the mother's education level, father's and mother's occupation has no significant effect. Increasing family income is an important factor to improve adequacy level of Ca, Fe, and Zn in children since food sources of these nutrients were generally animal food and was closely related to economic factors.

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