

Amerta Nutrition

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Sekretariat: Departemen Gizi Kesehatan, FKM, Kampus C UNAIR, Surabaya
Telp. (031) 5964808/5920949 Fax. (031) 5964809, 5924618,
Email : amertanutr@fkm.unair.ac.id

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Dr. Diah Indriani, S.Si., M.Si, (RESEARCHER ID: ABF-1712-2020); (SCOPUS ID:
56362491700), Department of Biostatistics and Population, Faculty of Public
Health, Universitas Airlangga, Indonesia

Pelaksana Tata Usaha : Dina Rizki Triana, M.Hum

Alamat Redaksi : Redaksi Amerta Nutrition
Departemen Gizi Kesehatan
Fakultas Kesehatan Masyarakat, Universitas Airlangga
Kampus C Unair, Jl.Mulyorejo Surabaya, 60115
Telp: (031) 5964808; Fax: (031) 5964809



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Amerta Nutrition diterbitkan sejak 2017, merupakan jurnal ilmiah yang menyajikan artikel mengenai hasil penelitian serta perkembangan tentang gizi yang meliputi gizi kesehatan masyarakat, gizi klinis, dietetik, pangan dan manajemen pelayanan pangan dan gizi.

Amerta Nutrition terbit 4 kali setahun atau setiap 3 bulan sekali: Maret, Juni, September, dan Desember



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PENGANTAR

Amerta Nutrition (Amerta Nutr.) merupakan Jurnal Ilmiah terbitan berkala setiap 3 bulan sekali. Amerta Nutrition berfungsi sebagai media komunikasi penyebarluasan informasi ilmiah dari hasil penelitian dan *literature review*. Amerta Nutrition ditargetkan dapat menjadi sumber informasi ilmiah bagi dosen, peneliti, mahasiswa dan khalayak umum yang berminat di bidang gizi dan kesehatan. Amerta Nutrition menerima manuskrip asli baik dari penelitian maupun kajian pustaka dibidang gizi. Cakupan dari bidang gizi meliputi: Gizi Kesehatan Masyarakat (*Public Health Nutrition*), Gizi Klinis (*Clinical Nutrition*), Dietetik (*Dietetics*), Gizi Pangan (*Food and Nutrition*), *Food Service Management*. Amerta Nutrition mencoba untuk selalu menyajikan aneka ragam artikel ilmiah dalam ruang lingkup Gizi Kesehatan yang menarik dan terkini.

Dalam edisi Desember 2020 ini, Amerta Nutrition untuk pertama kalinya menambahkan supplement issue dengan topik tentang *nutrition and healthy aging*. Masalah kecukupan gizi pada kelompok usia lanjut usia dibahas melalui 5 article review untuk menjadi salah satu patokan dalam pemahaman tentang geriatric nutrition. Pentingnya aktivitas fisik dan juga perilaku hidup sehat bagi lansia juga menjadi bahasan utama dalam issue tambahan atau supplement ini. Issue ini dapat diterbitkan bekerjasama antara Amerta Nutrition, IAGIKMI dan disponsori oleh Danone SN Indonesia.

Keberadaan jurnal ilmiah Amerta Nutrition diharapkan dapat menjadi daya ungkit pengembangan budaya menulis dan pengkajian ilmiah yang komunikatif serta sebagai daya pikat para pembaca dan penulis untuk berpartisipasi pada Amerta Nutrition di terbitan mendatang. Semoga pemikiran-pemikiran dan karya-karya yang ditampilkan Amerta Nutrition dapat memberikan manfaat dan memperkaya khasanah pengetahuan bagi pembaca.

Editor-in-Chief



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Acknowledgement (Preface)

Article Series towards Healthy Ageing in Indonesia

Indonesia expects a substantial increase in the aging and elderly population. In 2020, the pre-senior (45 – 60 y.o) and senior (>60 y.o) people in Indonesia will reach 17.5% and 10.1% respectively. And it estimated to even increased up to 18% by the year of 2040. Increasing age is associated with a decreased function and body composition, nutritional intake habits (including macro-nutrient and micro-nutrient consumption) and overall increase the risk of poor nutritional status. Moreover, ageing also increase the risk having mobility disorder, memory and concentration loss and even more prone to non-communicable disease.

Apart from nutritional intake, other factors that need to be modified are changes in lifestyle and activities where it is observed trend of decreasing physical activity with increasing age in Indonesian society. Responding to this, it is necessary to make efforts to support healthy communities by providing healthy nutrition, adequate physical activities and appropriate health education programs especially for adult population prior to the old age

This series of articles aims to understand current issues and ways to strengthening capability in supporting Indonesia's adult population to ageing healthily and ensure a promising future on the aspects of nutrition, community, primary health care, and physical activity.

Amerta Nutrition Journal with focus includes public health nutrition, community nutrition, clinical nutrition, dietetics, food and nutrition become the most suitable journal publisher to communicate the urgency of the adult condition and increase the awareness of the healthy ageing prevention to the right target adult population.

We want to express our gratitude to all the authors for the discussion and contribution, and also for all related stakeholders. We hope this article series will be useful for many sectors, include academics, nutritionists, clinicians, practitioners and community.

Jakarta, February 2021

Dr. dr. Ray Wagi Basrowi MKK

Medical & Scientific Affairs Director

Danone SN Indonesia

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