RGIZI PANGA PLANGA Indonesia

# Jurnal Ilmiah Indonesia

Accredited by SINTA Indonesia (SINTA 2) SK DITJEN RISBANG KEMENRISTEKDIKTI RI NO 3/E/KTP/2019 (National Nutrition Journal)

p-ISSN 1693-7228 e-ISSN 2540-8410

## **Media Gizi Indonesia** (National Nutrition Journal)

#### Volume 18 Number 1, Special Edition 2023

#### **EDITORIAL TEAM**

| Chief Editor            | : Dr. Annis Catur Adi, Ir., M.Si                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Editorial Board         | <ul> <li>Assoc. Prof. Hazreen Bin Abdul Majid, Bsc. Dietetic., M.Nut.Dietetic., Ph.D (University of Malaya, Malaysia)</li> <li>Assoc. Prof. C.A. Kalpana, M.Sc., Bed., M.Phil., PhD (Avinashilingam Institute for Home Science and Higher Education for Women, India)</li> <li>Assoc. Prof. Wantanee Kriengsinyos, Ph.D., RD (Mahidol University)</li> <li>Prof. Dian Handayani, S.KM., M.Kes., Ph.D (Universitas Brawijaya)</li> <li>Loh Su Peng, PhD (Universiti Putra Malaysia)</li> <li>Dr. Beben Benyamin, PhD (University of South Australia)</li> <li>Sueppong Gowachirapant, Ph.D (Mahidol University, Thailand)</li> <li>Prof. Dr. Dodik Briawan, Ir., MCN (Institut Pertanian Bogor)</li> <li>Prof. Dr. Luthfiyah Nurlaela, M.Pd (Universitas Gadjah Mada)</li> <li>Dr. Tri Dewanti Widyaningsih, Ir., M.Kes (Universitas Brawijaya)</li> </ul> |
| Managing Editors        | : Qonita Rachmah, S.Gz., M.Sc (Nutr&Diet)<br>Anisa Lailatul Fitria, S.Gz, M.Sc<br>Dominikus Raditya Atmaka, S.Gz., MPH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Administrative Assistan | t : Nandia Firsty Dhorta, S.Gz                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Reviewers               | <ul> <li>Tiara Tivany Simangunsong, S.Gz, MPH (Universitas Airlangga)<br/>Azizah Ajeng Pratiwi, S.Gz., M.Gizi (Universitas Airlangga)<br/>Eny Qurniyawati SST., M.Kes (Universitas Airlangga)<br/>Erni Astutik, M.Epid. (Universitas Airlangga)<br/>Nila Reswari Haryana, S.Gz., M.Si. (Universitas Negeri Medan)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Cover Designer          | : Agnessia Nanda Arimbi, S.Pd                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Mailing Address         | <ul> <li>Redaksi Media Gizi Indonesia<br/>Departemen Gizi Kesehatan<br/>Fakultas Kesehatan Masyarakat, Universitas Airlangga<br/>Kampus C Unair, Jl.Mulyorejo Surabaya 60115<br/>Telp : (031) 5964808/Fax: (031) 5964809</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

*Media Gizi Indonesia* (MGI) has been published since 2004 is a scientific journal that provides articles regarding the results of research and the development of nutrition including community nutrition, clinical nutrition, institutional nutrition, food service management, food technology, current issues on food and nutrition. This journal is published once every 3 months: January, May, and September

#### SUBSCRIPTION PRICE – does not include postage

IDR. 200.000,- for each copy

### **INTRODUCTION TO THE EDITOR**

Media Gizi Indonesia (MGI) is a scientific journal published regularly every 4 months that provides articles regarding the research and the development of nutrition knowledge including community nutrition, clinical nutrition, institutional nutrition, food service management, food technology, and current issues on food and nutrition. MGI also publish special issues from conference like in this issue which were the output from the 2nd Bengkulu International Conference on Health (B-Icon) 2022 held in Bengkulu, November 2022. Media Gizi Indonesia tries to always present a variety of scientific articles in the scope of Nutrition and Health.

This volume provides original research in the field of nutrition. The theme for original research varies from child nutrition, adolescent health, and elderly nutrition. To date, child and adolescent nutrition has become more attention because a good nutritional status in that period will manifest a better quality of life during adults and elderly period. For that, this current edition of MGI presents several best research related to child and adolescent nutrition in relation to anemia, preschool children development, and dietary intervention. Besides presenting studies related to child and adolescent nutrition of MGI also shows research in food product development to provide better food product in order to alleviate nutritional problems.

We do hope MGI scientific journals can leverage the development of a writing culture and communicative scientific studies as well as attract readers and writers to participate in MGI for future issues. Media Gizi Indonesia will maintain its role in providing current, relevant, and topical issues in food and nutrition. Hopefully, the works displayed by MGI can provide benefits and enrich the readers' knowledge.

**Editorial Team** 

# **Media Gizi Indonesia** (National Nutrition Journal)

## **Table of Contents**

| The Use of Android-Based Applications "Drinking Alert" to Influences on Knowledge and Attitude of Adolescents in Fulfillment Mineral Water Consumption in Bengkulu City Wisuda Andeka Marleni, Ratu Matahari, Lisma Ningsih, Reka Lagora Marsofely | 1–6   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| The Effect of Nutrition Education on Knowledge, Attitudes and Consumption Patterns Young Women<br>in Prevention of Chronic Energy Deficiency in Bengkulu City<br>Kamsiah, Emy Yuliantini, Eliana, Rachmawati                                       | 7–13  |
| Anemia among Adolescent Girls: Its Association with Protein and Iron Intake<br>Jumiyati, Tetes Wahyu W, Arie Krisnasary, Risda Yulianti                                                                                                            | 14–20 |
| Pengaruh Kombinasi Asupan Protein, Vitamin C dan Tablet Tambah Darah Terhadap Kadar<br>Hemoglobin Remaja Putri<br>Kusdalinah, Desri Suryani, Arie Nugroho, Yunita                                                                                  | 21–26 |
| The Impact of Tempeh Milk and Soymilk on Adolescent Hemoglobin Level<br>Ayu Pravita Sari, Putri Yuniarti, Arie Krisnasary                                                                                                                          | 27–32 |
| Efektifitas Praktek Konseling Petugas Terhadap Upaya Pemahaman 1000 Hari Pertama Kehidupan<br>Calon Pengantin di Wilayah Kerja Kantor Urusan Agama Kota Bengkulu: Studi Kualitatif<br><b>Anang Wahyudi, Mujayanto</b>                              | 33–37 |
| The Influence of Calcium and Iron Supplementation in Pregnant Women to Affect Newborn Body<br>Length in Bengkulu<br>Agung Riyadi, Lisma Ningsih, Jumiyati, Antun Rahmadi                                                                           | 38–45 |
| Comprehensive Breastfeeding Education: An Integration to Support Successful Breastfeeding<br>Practice<br>Rialike Burhan, Elvi Destariyani, Sri Yanniarti, Yuniarti, Suci Solihat                                                                   | 46–54 |
| Modification of The Headman Role on Increasing Knowledge and Attitudes About Breastfeeding and<br>Complementary Food in A Remote Island<br>Epti Yorita, Dahrizal, Sahidan, Mely Gustina, Yulinda                                                   | 55–60 |
| Household Characteristics and Nutritional Status of Children to Children in Coastal Family in<br>Bengkulu Province<br>Emy Yuliantini, Ketut Sukiyono, Bambang Sulistyo, M. Zulkarnain Yuliarso                                                     | 61–71 |
|                                                                                                                                                                                                                                                    |       |