

THE IMPACT OF HALAL FOOD-BASED SECURITY FOOD ON MICRONUTRIENT ADEQUACY IN CHILDREN WITH NEURODEVELOPMENTAL DISORDERS IN MAKASSAR CITY

Nasruddin Syam¹, Wardiah Hamzah², Nadiah Nur Izzah Syam³

¹Faculty of Public Health, Universitas Muslim Indonesia, Indonesia (nasruddin.syam@umi.ac.id)

²Faculty of Public Health, Universitas Muslim Indonesia, Indonesia (wardiah.hamzah@umi.ac.id)

³Faculty of Public Health, Universitas Hasanuddin, Indonesia (nadiahnurizzah.syaml@gmail.com)

BACKGROUND : Children with neurodevelopmental disorders have impaired immunity, making them the group most at risk of exposure to Covid-19. Increasing immunity can be done with the availability of halal food and halal food consumption patterns. Halal food containing micronutrients Ca, Cu, vit. B and vit. D will protect children with neurodevelopmental disorders from exposure to diseases, including Covid-19. This study aims to analyze the relationship between the availability and consumption patterns of halal food and micronutrients in children with neurodevelopmental disorders

METHOD : The design of this study is a cross-sectional study. The population and sample of this study were 40 children with neurodevelopmental disorders who were taken based on purposive sampling in 2 SLB Makassar City. The data collection technique was by interview using a questionnaire regarding food availability and halal food consumption patterns, while the NutriSurvey Indonesia application was used to measure micronutrient content.

RESULTS & DISCUSSION: The results show that there is a relationship between the availability of halal food and micronutrients Ca, Cu, Folic Acid and vit. D. This can be caused because the parents of respondents, especially mothers, are people who generally work as many as 34 (85%) people so that parental attention to the fulfillment of food availability has not been carried out optimally. Likewise, the pattern of halal food consumption shows a relationship with micronutrients. This can be caused by the level of education of parents of autistic children at the health institution, 28 (80.0%) are college graduates. So that parents of autistic children have good knowledge about the importance of compiling a varied consumption pattern with halal food sources for their children.

CONCLUSION: Halal food-based food security has an impact on micronutrient adequacy in children with neurodevelopmental disorders.

KEYWORDS: Food Security; Consumption Pattern; Halal Food; Neurodevelopmental Disorders