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Recommended Citation

Mansur, Marini Amalia, "Nutrition Transition in South Sulawesi: The Shift of Nutritional Status and Dietary Behavior Among Indonesian Adolescents" (2024). *International Programs*. 268.

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Nutrition Transition in South Sulawesi: The Shift of Nutritional Status and Dietary Behavior Among Indonesian Adolescents

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ABSTRACT

Nutrition transition has been observed in Indonesia in the past decades along with the change in social economic development. This review aims to identify the increase in the prevalence of overweight adolescents in South Sulawesi, Indonesia and dietary behaviors that might cause this phenomenon. It was found that the prevalence of overweight adolescents (age 13-15 years old) was increased from 1.6% in 2010 to 15.5% in 2023 and from 0.9% in 2010 to 12.9% in 2023 for adolescents aged 16-18 years old. Furthermore, many adolescents were found to have unhealthy dietary behavior, such as inadequate fruit and vegetables consumption and frequent consumption of energy dense foods. Further study on dietary behavior and its association with nutrition transition among adolescents in South Sulawesi is needed to develop appropriate intervention.

SOUTH SULAWESI THEN VS NOW



South Sulawesi in 2000 vs 2024. Image Source: (1,2)

Nutrition transition refers to the coexistence of undernutrition and over nutrition with the **rapid increase of over nutrition** due to the **shift in lifestyle and dietary patterns (3)**.

METHODOLOGY

A review of original articles, review articles, and grey literatures was conducted.

INCREASE PREVALENCE OF OVERWEIGHT

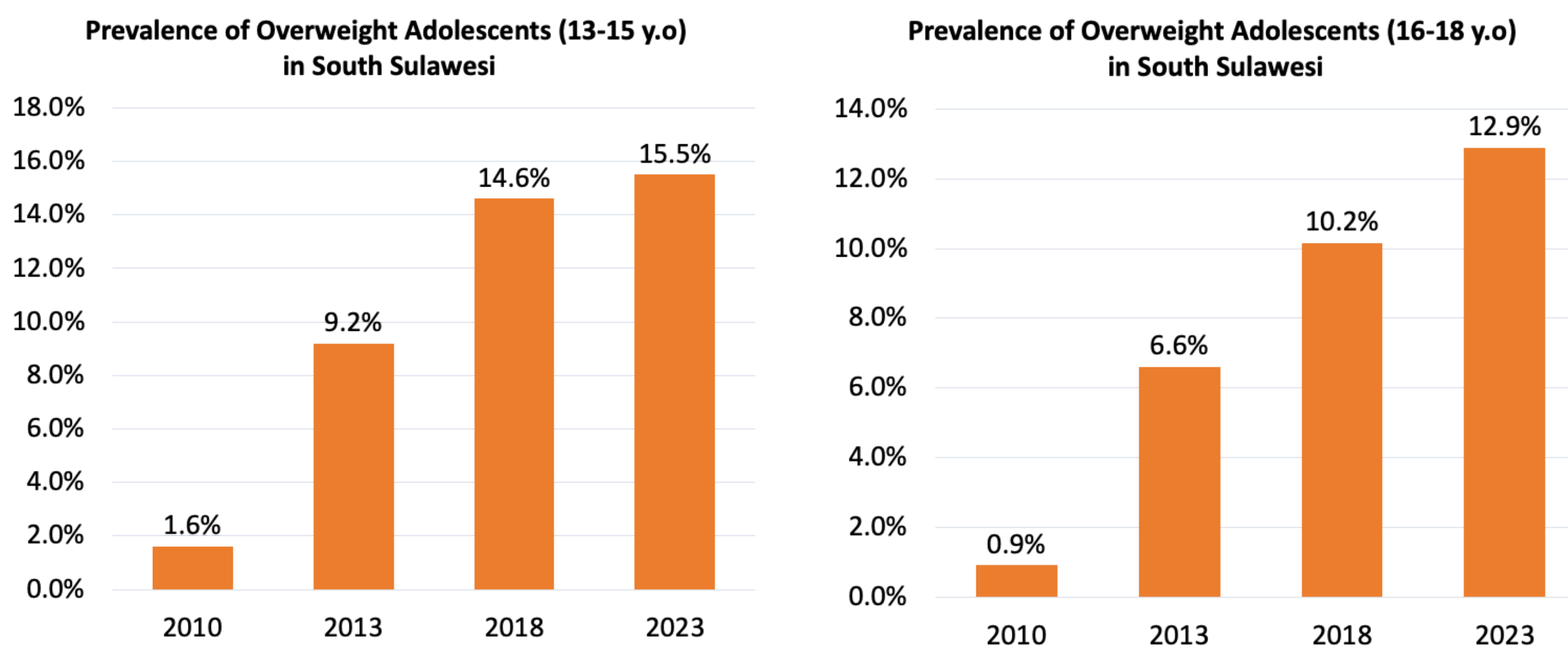


Figure 1. Increased prevalence of overweight adolescents in South Sulawesi. Source: (4-7)

INADEQUATE FRUITS AND VEGETABLES CONSUMPTION

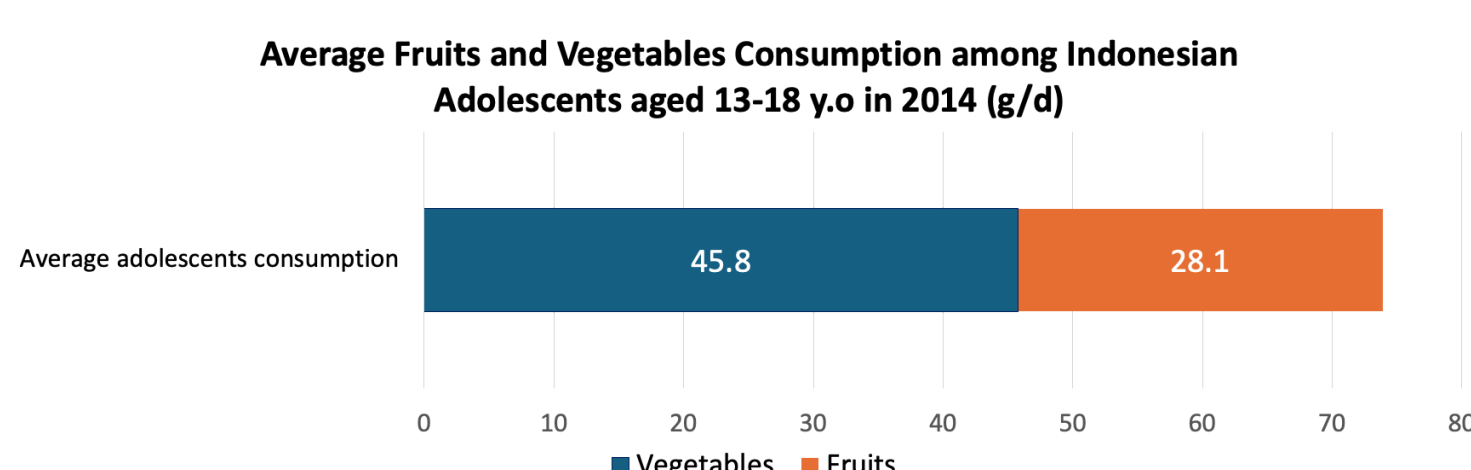


Figure 2. Average daily fruits and vegetables consumption of Indonesian adolescents in 2014. Source: (8)

EXCESS CONSUMPTION OF SUGAR, SODIUM, AND FAT

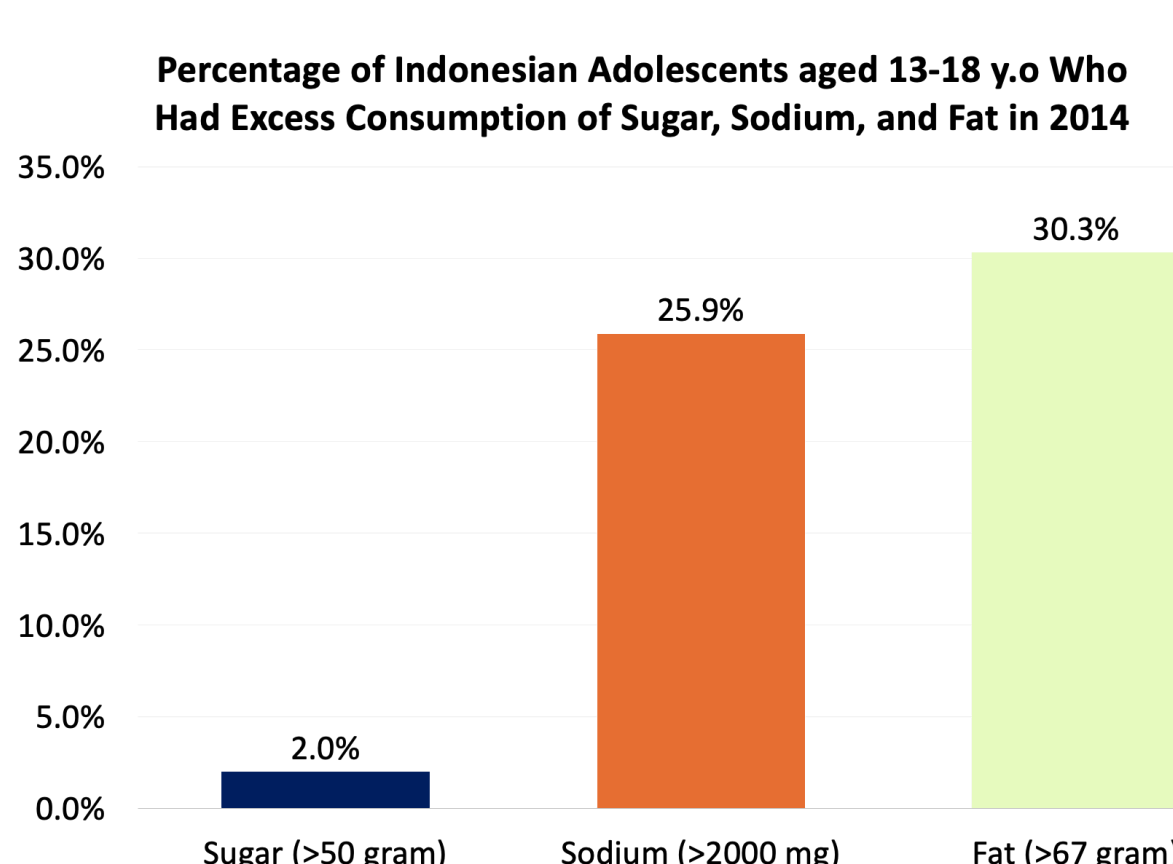


Figure 3. Excess consumption of sugar, sodium, and fat among Indonesian adolescents in 2014. Source: (8)

DIETARY PROBLEMS

- Inadequate fruits and vegetables consumption (8-10)
- Excessive sodium consumption (10)
- High-fat intake (9,10)
- Consumption of sweet beverages and snacks (9)

WHAT MIGHT DRIVE THE DIETARY PROBLEMS?

- Shift in family eating habits, fewer family cook and eat together (11)
- Unhealthy school foods environment, high accessibility of fast foods in school canteen and the neighborhood (12)
- Change in cooking practices which results in unhealthy local and traditional foods (13)

CONCLUSIONS

It is urgent to develop **appropriate intervention** to empower adolescent to have **healthier food choices and eating behavior**. Therefore, more evidence about dietary problems and its causes in South Sulawesi is needed.

REFERENCES



CONTACT

