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**PP27**

**FOOD PREFERENCES AMONG STUDENTS OF SENIOR HIGH SCHOOL IN PADANG**

*Azrimaidaliza, Purnakarya I*

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**Introduction:** The food preferences established in early childhood may affect food choices throughout life. There were 3 (three) main factors influenced food preferences in people. The factors are individual, environment and food characteristics. **Methods:** In order to identify factors determining food preferences of adolescents in Padang Town, West Sumatera, Indonesia, a cross-sectional study among 111 students of Adabiah senior high school aged 15-19 years was conducted using a written questionnaire. The students were asked to categorize 168 commonly eaten foods as never tasted, disliked, seldom, liked and very liked. Foods were categorized by five main foods as staple food, animal protein, plant protein, vegetable and fruit. **Results:** The most liked food items among students was fruit (86,5%), especially mango and grape compared with other main foods. The most disliked food was plant protein (63.1%). For processed food, students preferred fried food than others. Allergic condition was manifested in students who showed preference for animal protien in this study. The study found that more boys like fruits than girls, and flavor of food influenced staple food preferences among students. In conclusion, students still did not have variations in consuming foods. **Conclusion:** Thus, it may be worthwhile to encourage parents in offering their children as wide variety of foods as possible, including foods that the parents themselves dislike to get adequate nutrient. Also it is necessary to increase student's knowledge about nutrition by illumination regularly from health professionals or add nutritional lesson in school curriculum.

**Keywords:** Food preferences, students, questionnaire

**PP28**

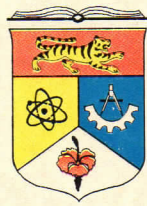
**THE RELATIONSHIP BETWEEN HUSBANDS SUPPORT AND EXCLUSIVE BREASTFEEDING AT WORKING AREAS OF PUSKESMAS AIR TAWAR PADANG CITY WEST SUMATERA IN 2009.**

*Ramadani M*

*Public Health Department, Faculty of Medicine Andalas University, Indonesia*

**Introduction:** The objective of this research was to assess the relationship between husband's support and exclusive breastfeeding at working areas of Puskesmas Air Tawar Padang in 2009. **Methods:** Cross sectional design was used in this research that was done from March to April 2009. The respondents were mothers with baby of 7 to 12 months. **Results:** This research found out that 55.4% of mothers gave exclusive breastfeeding, and 57% mothers gained husband's support in exclusive breastfeeding. There was a relationship between husband's support and exclusive breastfeeding where as mothers who gave husband's support likely do exclusive breastfeeding two times than mothers without husband's support after adjusted by husband's occupation, health provider's support and mother's occupation. **Conclusion:** As the role of husband is important in exclusive breastfeeding, therefore husbands should became the target of education on exclusive breastfeeding and encourage them to be more active in searching information about exclusive breastfeeding. So that they would support their wives in exclusive breastfeeding.

**Keywords:** exclusive breastfeeding, husband's support



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Eighteenth National Public Health Colloquium



# THE RELATIONSHIP BETWEEN HUSBANDS SUPPORT AND EXCLUSIVE BREASTFEEDING AT WORKING AREAS OF PUSKESMAS AIR TAWAR PADANG CITY WEST SUMATERA

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## Introduction :

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**Metode:** Cross sectional design was used this research that was done from March to April 2009. The respondents were mothers with baby of 7 to 12 months.

## Result :

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**Conclusion :** As the role of husband's is important in exclusive breastfeeding, therefore husbands should become the target of education on exclusive breastfeeding and encourage them to be more active in searching information about exclusive breastfeeding. So that they would support their wives in exclusive breastfeeding.

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