

Fahmida. Compilation of Studies Related to Food Consumption, Physical Exercise, Healthy Lifestyle, and Nutritional Status Conducted in Indonesia between 2000-2010: Age group Children under the age of five.

The review aims to create a systematic map of surveys and studies undertaken in Indonesia between January 2000 and April 2010 in the three areas relevant for developing national dietary guidelines for children under the age of five years: (1) eat variety of foods including water, (2) physical activities and healthy lifestyle, and (3) monitor nutritional status. This involved exploration of published and unpublished studies accessible from 46 health-nutrition related institutions in Jakarta, Banten, and Bandung, including 9 university's libraries, 2 polytechnics, 12 government institutions, 3 UN agencies, and 20 NGOs.

In total 212 studies were identified: 18 publications in international journals, 101 publications in local journals, 59 dissertations/theses, and 34 reports. Most of the studies (n=104) were conducted in rural area, 63 studies in urban, and 45 studies in both rural and urban. The studies covered information from 27 (out of 33) provinces, 69 districts, 58 sub-districts, and 114 villages. The review found that dietary diversity was of medium-low diversity (≤ 4 food groups) and was lower in infants; access to protected drinking water was still a problem in both rural and urban, especially urban slum; delayed developmental outcomes (mental and psychomotor) were identified in almost all of the reported studies to the higher level than BSID-II reference; poor practices related to food safety and food hygiene were observed with indication that practices were poorer as child got older and in urban *poor* community; complete immunization rate was still low in some areas; regular visits to growth monitoring facilities was done by only half (45%) of mothers/caregivers and was decreased starting from 12months (after last immunization); and anemia is problem with higher prevalence amongst under two. While stunting and wasting were of high public health problem, there was limited information on clinical outcomes related to nutritional status. Prevalence tends to be higher amongst boys, children from female-headed households, and from mothers with lower education level.

Several recommendations were made on messages which should be included in the health and nutrition guidelines for underfives; on further studies and on access to available data as public domain to serve in policy making.

Key words: Food consumption, Healthy lifestyle, Nutritional status, Underfive children, Review