

**Sulistiyowati** Compilation of studies related to Food Consumption, Physical Exercise, Healthy Lifestyle, and Nutritional Status conducted in Indonesia between 2000-2010: Age group Elementary school children age 6-12 years.

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*Background.* Although many studies have been conducted by various institutions throughout Indonesia, documentation of these documents nationally are lacking. This exercise is aimed to compile results related to Food Consumption, Physical Activity, Lifestyle, and Nutritional Status of studies conducted in Indonesia between 2000-April 2010. The data can be used to develop targeted nutrition guideline and observe trend.

*Methods.* Literature search was done using library visit, internet, and visit to universities and government institutions. Cities visited were Yogyakarta, Solo, Semarang, Jember, Magelang, Malang, and Denpasar. Subject of this study was elementary school children age 6-12 years. Studies with samples equal to and greater than 80 children, from non-intervention or control group, were included in the compilation. Data was systematically extracted and narrated.

*Results.* From 116 studies gathered, mostly (94%) were gathered from library visit, about one-third (36%) were publications in 2006 and 2008, about one-fourth (28%) was publications in national journal, and written in Indonesian language (94%). The studies covered 20 provinces, although about one-fourth (28%) was conducted in Central Java. Most studies were conducted at sub-district level (45%) covered urban setting (54%), and cross-sectional in design (75%).

Variability in nutrient adequacies compared to the Recommended Dietary Allowance (RDA; Ministry of Health 2004) was as follows: energy 55% to 98%, protein 61% to 137%, fat 32-50%, iron 28% to 73%, and vitamin-C 47% to 123%. Most (82-100%) children had regular breakfast. Meal frequency was mostly more than three times a day. Street foods were favored by almost all (68-74%) children. Most children (65%) consumed drinking water less than 1.5 liter per day. Most (54%) students choose cooked foods and wrapped snacks. Iodized salt consumption varied from 36% to 97%.

Result in studies of physical activity for this age group resulted in good (80% children in Surakarta) and in low (74% children in Semarang); with frequency of once a week or less (12%-62%) or once a week (28-29%). Washing hands before eating was found inconsistent (27-50%). Based on various indicators, the percentage of well-nourished students varied from 19% to 82%. The highest prevalence of wasting (Weight-for-Height z-score <-2SD) was 59%, stunting (Height-for-Age z-score <-2SD) 42%, thinness (Weight-for-Age z-score <-2SD) 45% and obesity (Weight-for-Height z-score > 3SD) 40%. The proportion of students with anemia varied from 5% to 84%. Based on palpation, the prevalence of Iodine Deficiency Disorder varied from 2% to 52%.

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