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EXTENDED ABSTRACT

Nutrition Attitude and COVID-19 Vaccine Intention of Indonesian

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SUMMARY

Consumption of a balanced nutritious diet can prevent infection. This study examines differences in nutrition attitude to prevent of covid-19 between the group intending to vaccinate and those who did not intend to vaccinate. This online study used a cross-sectional design, using online form. There were 1220 eligible subjects with different nutritional attitudes between the groups who had plans to be vaccinated and those who did not, except on points related to eating a variety of foods.

Keywords: Covid-19 vaccine, Diet, Nutrition attitude, Online research

INTRODUCTION

Changes in diet during the pandemic affect the risk of being infected with covid-19, especially in vulnerable populations (1). Attitude of nutrition affects eating pattern. A nutritionally balanced diet can meet adequate intake of nutrients that boost the immune system, which can prevent infection. Therefore, the government issued guidelines for balanced nutrition during the covid-19 pandemic (2). In the first year of pandemic, many people believed that the covid-19 vaccine was not effective enough that they did not want to get it (3). The purpose of this study was to analyze differences in attitude of nutrition as a prevention of covid-19 between groups who wish to be vaccinated and those who do not intend to vaccinate.

MATERIALS AND METHODS

The study is part of a study on factors that influence the intention to vaccinate against covid-19. This study was conducted as an online cross-sectional study from June-

July 2021. The target population is adults in Indonesia aged 18-59 years who have not received the covid-19 vaccine; 1220 eligible subjects were involved using snowball sampling. The questionnaire used a google form distributed via social media WhatsApp. Questions regarding nutritional attitude were arranged based on balanced nutrition guidelines issued by the Ministry of Health (2). The ethical approval for this study was granted by the Mataram Health Polytechnic of the Ministry of Health Indonesia under approval number: LB.01.03/6/4693/2021.

RESULTS AND DISCUSSION

There were 1220 eligible subjects, 79% were women, and most of whom live in Java (78%). There were differences in nutritional attitude between the intending and non-intentional groups.

Table I shows that most of the subjects assumed that consumption of various foods was not the way to prevent covid-19. Hygiene and sanitation; sugar, salt, and fat;

Table 1: Nutritional attitude between vaccine intention and not intention groups

Question	No intention			Intend to vaccinate			p-value
	Disagree	Neutral	Agree	Disagree	Neutral	Agree	
Vegetables and fruit must be washed thoroughly first	16 (7.6)	26 (12.3)	169 (80.1)	40 (4.0)	70 (6.9)	899 (89.1)	<0.001*
Side dishes should be cooked thoroughly	18 (8.5)	43 (20.4)	150 (71.1)	45 (4.5)	128 (12.7)	836 (82.9)	<0.001*
Limit the sugar, salt and fat intake is important	15 (7.1)	47 (22.3)	149 (70.6)	50 (5.0)	144 (14.3)	815 (80.8)	0.001*
Spices used as flavourings in food processing have antioxidant properties and can improve the taste of food	10 (4.7)	56 (26.5)	145 (68.7)	40 (4.0)	186 (18.4)	783 (77.6)	0.007*
Applying the Balanced Nutrition Guidelines can prevent covid-19	12 (5.7)	36 (17.1)	163 (77.3)	39 (3.9)	80 (7.9)	890 (88.2)	<0.001*
Eat a variety of foods to prevent Covid-19	41 (19.4)	79 (37.4)	91 (43.1)	223 (22.1)	337 (33.4)	449 (44.5)	0.919
Implement a Clean and Healthy Lifestyle (PHBS) to prevent Covid-19	12 (5.7)	25 (11.8)	174 (82.5)	42 (4.2)	61 (6.0)	906 (89.8)	0.003*
Doing physical activity routinely and monitoring body weight to remain normal to prevent Covid-19	17 (8.1)	39 (18.5)	155 (73.5)	49 (4.9)	139 (13.8)	821 (81.4)	0.008*

Notes: frequency presented as number of subject (percentage); Mann-Whitney; *p-value <0.05 was significant

application of balanced nutrition; and the application of physical activity and weight monitoring agreed by the subjects were believed to prevent covid-19 and was significantly related to their interest in vaccination. During the covid-19 pandemic, people's perceptions and behaviours changed, including smoking, physical activity, washing hands, wearing masks, sunbathing, and consuming processed foods (4). People who have health concerns have better nutrition attitudes (5).

CONCLUSION

There was a difference in attitude between the groups which intend to vaccinate and those which do not, except on points related to eating food variety. Education about the consumption of various foods is necessary.

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