

ABSTRACT

Vitamins and minerals are essential micronutrients required in minimal amounts by the human body. To meet the nutrient requirement, some people might need to enhance their micronutrients intake by taking supplements. However, supplements are not intended to replace a balanced diet. Nowadays, the awareness of living a healthy lifestyle is increasing. Especially during COVID-19 pandemic, people are trying to enhance their immune system by consuming supplements. The objectives of this study were to assess consumer knowledge, attitude, and practice about supplements and to assess the practice of supplement intake before and during COVID-19 pandemic. The study was a cross-sectional study conducted online using google form, distributed to 494 adults (age 20 – 55) living in Jakarta, Bogor, Depok, Tangerang, and Bekasi (JaBoDeTaBek) and Bandung. The data was analysed by descriptive analysis and chi-square using IBM SPSS Statistics 20. The results showed that consumers had very good knowledge (56.1%) and adequate attitude (50.9%) towards supplements. Supplement intake increased during COVID-19 pandemic compared to before. Moreover, the practice of supplement consumption changed to be better (45.0%) or remained good (48.1%) during COVID-19 pandemic. The practice was not associated with knowledge but associated with attitude of the respondents ($p < 0.05$). In conclusion, the knowledge and practice of the consumers on supplement were already good. However, the attitude of the consumers should be increased.

Keywords: COVID-19, Supplements, and Knowledge, Attitude, Practice (KAP).