

ABSTRACT

Asthma is a chronic respiratory disorder involving various types of cells and components. The main symptoms include breathing difficulties such as shortness of breath, productive cough especially at night or early morning, and chest tightness. The epidemiology of asthma shows a higher prevalence among children. The characteristics of childhood asthma result from the interaction of internal and external risk factors including age, sex, nutritional status, frequency of asthma attacks, history of respiratory failure, and other contributing factors. This study aimed to describe the characteristics of pediatric bronchial asthma patients at Cut Meutia General Hospital, North Aceh, in terms of age, sex, and nutritional status. A quantitative study with a descriptive cross-sectional design was conducted using secondary data from medical records in 2023–2024. The study population consisted of 53 pediatric patients diagnosed with bronchial asthma, obtained through total sampling. The results showed that most respondents were in the children's age group with 22 patients (41.5%), male sex with 29 patients (54.7%), and that most asthma patients aged 0–5 years had normal nutritional status based on weight-for-age, height-for-age, and weight-for-height, as well as good nutrition based on BMI-for-age. In the 6–18 years age group, good nutritional status was also dominant, with poor nutrition found only among adolescents and undernutrition among children. No cases of overweight or obesity were observed in either age group. In conclusion, most children with bronchial asthma were male, in the school-age group, and had good nutritional status.

Keywords: *Bronchial asthma, characteristics, child.*