

GAMBARAN ASUPAN ENERGI, PROTEIN DAN STATUS GIZI BALITA DI DESA SOMBO KECAMATAN PONCOL KABUPATEN MAGETAN TAHUN 2019

ABSTRAK

Stunting atau pendek merupakan pertumbuhan linier dengan indikator *z-score* < -2 atau lebih pada indikator tinggi badan menurut umur. Berdasarkan Renstra Jawa Timur Tahun 2015-2019 prevalensi balita *stunting* sebesar 25,2%. Sedangkan prevalensi *stunting* di Kabupaten Magetan sebesar 10.45% pada tahun 2018. Lalu, prevalensi *stunting* di Puskesmas Poncol Kecamatan Poncol Kabupaten Magetan sebesar 12,33% pada tahun 2018. Dan prevalensi *stunting* di Desa Sombo Kecamatan Poncol Kabupaten Magetan sebesar 36.36% pada tahun 2018.

Tujuan penelitian ini untuk mengetahui gambaran asupan gizi makro pada balita *stunting* di Desa Sombo Kecamatan Poncol Kabupaten Magetan. Metode deskriptif digunakan dalam penelitian ini. Dengan populasi 72 balita di Desa Sombo Kecamatan Poncol Kabupaten Magetan. Dengan cara *sampling jenuh* (sensus). Data diperoleh dengan melakukan wawancara langsung menggunakan Form Recall 2 X 24 Jam dan Pengukuran TB/U pada responden.

Hasil penelitian diperoleh bahwa 37,5% balita dengan konsumsi protein kurang atau sebanyak 27 balita. Asupan energi, protein pada status gizi Balita di Desa Sombo masih kurang dari standart (AKG). Puskesmas melakukan penyuluhan pada masyarakat, dilakukan pemeriksaan Hb pengukuran antropometri di Kelas Ibu Hamil serta dibentuk Kelas Balita *Stunting*. Masyarakat dapat meningkatkan pengetahuan tentang asupan Energi,proteinnya bagi balitanya

Kata kunci : asupan energi, protein, status gizi balita.

DESCRIPTION OF ENERGY, PROTEIN AND NUTRITIONAL STATUS IN THE VILLAGE OF SOMBO, PONCOL DISTRICT, MAGETAN DISTRICT, 2019

ABSTRACT

Stunting or short is linear growth with a z-score indicator < -2 or more on the height indicator according to age. Based on the East Java Strategic Plan for 2015-2019 the prevalence of stunting toddlers is 25.2%. Whereas the prevalence of stunting in Magetan Regency was 10.45% in 2018. Then, the prevalence of stunting in Poncol Health Center, Poncol District, Magetan Regency was 12.33% in 2018. And the prevalence of stunting in Sombo Village, Poncol Subdistrict, Magetan Regency was 36.36% in 2018.

The purpose of this study was to describe the macro nutrient intake in stunting infants in Sombo Village, Poncol Subdistrict, Magetan Regency. Descriptive methods were used in this study. With a population of 72 stunting toddlers in Sombo Village, Poncol District, Magetan Regency. By means of saturated sampling (census). Data was obtained by conducting direct interviews using the form Recall 2 X 24 Hours and Measurements of TB/U on respondents.

The results showed that 37.5% of infants with less protein consumption or as many as 27 toddlers. Nutritional intake in the nutritional status of toddlers in Sombo Village is still less than standard (AKG).

Keywords: protein energy intake, nutritional status of children