

**GAMBARAN ASUPAN GIZI DAN STATUS GIZI  
IBU HAMIL DI WILAYAH KERJA PUSKESMAS MENUR SURABAYA**

**Rachmanita Wahyu Wardhani**

Program Studi Diploma 3 Jurusan Gizi

Politeknik Kesehatan Kemenkes Surabaya

Email : [ghanirachmanita@gmail.com](mailto:ghanirachmanita@gmail.com)

**ABSTRAK**

Asupan gizi merupakan pemenuhan kebutuhan gizi yang diperlukan oleh tubuh seseorang. Bagi ibu hamil, asupan gizi yang salah akan berdampak buruk pada status gizinya. Salah satunya yaitu akan menyebabkan KEK pada ibu hamil yaitu kekurangan energi dalam jangka waktu yang cukup lama. Data Riset Kesehatan Dasar 2018 tentang proporsi risiko KEK wanita usia subur (hamil) secara nasional sebanyak 17,3%, dengan proporsi risiko KEK Wanita Usia Subur pada ibu hamil di Jawa Timur yaitu sebesar 18%. Tujuan dari penelitian ini adalah untuk mengidentifikasi gambaran mengenai asupan gizi dan status gizi ibu hamil di wilayah kerja Puskesmas Menur, Surabaya. Penelitian yang dilakukan bersifat kuantitatif deskriptif. Teknik penelitian menggunakan rancangan non-eksperimental dengan pendekatan *cross sectional* dengan metode pengambilan data menggunakan teknik *simple random sampling* dengan 49 responden ibu hamil dari total populasi 96 ibu hamil dan data dikumpulkan melalui pengisian *form recall*. Hasil penelitian asupan gizi ibu hamil, terbanyak pada kategori normal dan lebih yakni dengan asupan energi normal sebanyak 18 orang (36,73%), asupan protein lebih sebanyak 19 orang (38,78%), asupan lemak lebih sebanyak 20 orang (40,82%) serta asupan karbohidrat masing – masing normal sebanyak 13 orang (26,53%) dan lebih sebanyak 13 orang (26,53%). Status gizi paling banyak yakni dengan kategori status gizi non KEK sebanyak 40 orang (81,6%). Penelitian ini diharapkan menjadi pengembangan instrumen pada pengkajian status gizi ibu hamil selanjutnya dan sebagai pengembangan promosi kesehatan untuk meningkatkan status gizi ibu hamil. Untuk tetap menjaga status gizi ibu hamil tetap baik, diharapkan pihak puskesmas dalam melakukan penyuluhan melibatkan anggota keluarga, dalam hal penyediaan makanan bagi ibu hamil.

**Kata kunci :** Ibu Hamil, Asupan Gizi, Status gizi

**OVERVIEW OF NUTRITION AND NUTRITION STATUS  
PREGNANT MOTHER IN THE WORKING AREA OF MENUR HEALTH  
CENTER, SURABAYA**

**Rachmanita Wahyu Wardhani**

Diploma 3 Study Program in Nutrition Department

Health Ministry Polytechnic of Surabaya

Email : [ghanirachmanita@gmail.com](mailto:ghanirachmanita@gmail.com)

**ABSTRACT**

Nutrition is the fulfillment of the nutritional needs of human body. Especially for pregnant women, the wrong nutritional intake will cause negative impacts on nutritional status. One of them is that it will cause KEK in pregnant women which is lack of energy for a long period of time. The data of Basic Health Research 2018 on the proportion of KEK risks for fertile age women (pregnant) is nationally as much as 17.3%, with the proportion of KEKs of Fertile Age Women in pregnant women in East Java is at 18%. The purpose of this study was to identify the overview of nutritional intake and nutritional status of pregnant women in the working area of Menur Health Center, Surabaya. The research conducted was quantitative descriptive. The research technique used a non-experimental design with a cross sectional approach. The data collection method used a probability sampling technique with 49 respondents of pregnant women from a total population of 96 pregnant women and the data collected through filling out the recall form. The results of research on nutritional intake of pregnant women, the most in the normal and more categories with normal energy intake of 18 people (36.7%), over protein intake as many as 19 people (38.8%), over fat intake as many as 20 people (40, 8%) and carbohydrate intake respectively – normal as many as 13 people (26.5%) and over as many as 13 people (26.5%). The most nutritional status was 40 non-SEZ nutritional status categories (81.6%). This research is expected to be an instrument development for the subsequent assessment of nutritional status of pregnant women and as the development of health promotion to improve the nutritional status of pregnant women. To keep the nutritional status of pregnant women good, it is expected that the health center in conducting counseling involves family members, in terms of providing food for pregnant women.

**Key words:** Pregnant women, Nutrition, Nutrition Status