

GAMBARAN ASUPAN ZAT GIZI MAKRO DAN MIKRO IBU HAMIL KEK SERTA RESIKO TINGGI DI WILAYAH KERJA PUSKESMAS WARU KABUPATEN SIDOARJO

ABSTRAK

Latar Belakang: Tahun 2022 didapatkan data sejumlah 2575 ibu hamil dan 31 diantaranya mengalami KEK (1,2%). Sedangkan pada tahun 2021 didapatkan data sejumlah 2589 ibu hamil 21 diantaranya mengalami KEK (0,8%) sehingga dapat disimpulkan bahwa ada peningkatan prevalensi ibu hamil KEK yang terjadi di wilayah kerja Puskesmas Waru Kabupaten Sidoarjo. **Tujuan:** Mengetahui Gambaran Asupan Zat Gizi Makro dan Mikro Ibu Hamil KEK Serta Resiko Tinggi di Wilayah Kerja Puskesmas Waru Kabupaten Sidoarjo. **Metode:** Penelitian ini merupakan penelitian deskriptif. Sampel penelitian adalah ibu hamil kurang energi kronis (KEK) dan ibu hamil dengan kategori resiko tinggi sejumlah 19 orang. Teknik pengambilan sampel menggunakan teknik *quota sampling*. Teknik pengumpulan data melalui wawancara dan pengukuran anthropometri. Lalu data diolah menggunakan uji statistik deskriptif dengan SPSS-16. **Hasil:** Hasil penelitian ini menunjukkan asupan energi ibu hamil dominan dalam kategori defisit ringan (36,8%), asupan protein ibu hamil dominan dalam kategori defisit berat (42,1%), asupan karbohidrat responden dominan dalam kategori defisit berat (78,9%), asupan Fe ibu hamil dominan dalam kategori cukup (89,5%), asupan asam folat responden dominan dalam kategori cukup (84,2%), dan asupan kalsium responden dominan dalam kategori kurang (89,5%). **Kesimpulan:** Asupan energi, protein, dan karbohidrat ibu hamil dominan dalam kategori defisit, asupan Fe dan asam folat ibu hamil dominan dalam kategori cukup, dan asupan kalsium ibu hamil dominan dalam kategori kurang. **Saran:** Upaya untuk menanggulangi kekurangan zat gizi selama masa kehamilan bagi ibu hamil yaitu membiasakan diri untuk mengonsumsi makanan yang bervariasi serta diharapkan bagi petugas kesehatan dapat memberikan konseling dan edukasi gizi secara rutin.

Kata Kunci: Ibu hamil KEK, Kehamilan Resiko Tinggi, Asupan Zat Gizi

OVERVIEW OF MACRO AND MICRO NUTRITION INTAKE IN PREGNANT WOMEN WITH CED AND HIGH RISK IN THE WORKING AREA OF WARU HEALTH CENTER, SIDOARJO DISTRICT

ABSTRAC

Background: In 2022, data were obtained for 2575 pregnant women, 31 of whom experienced CED (1.2%). In comparison, data from 2021 showed that out of 2589 pregnant women, 21 experienced CED (0.8%). This indicates an increase in the prevalence of CED among pregnant women in the working area of the Puskesmas Waru Kabupaten Sidoarjo. **Objective:** This study is to describe the intake of macro and micronutrients among pregnant women with CED and those at high risk in the same area. **Method:** The research methodology utilized a descriptive approach with a sample size of 19 pregnant women with chronic energy deficiency and a high-risk category. Quota sampling technique was employed for participant selection. Data was collected through interviews and anthropometric measurements, and descriptive statistical tests were conducted using SPSS-16 for data analysis. **Result:** Results indicated that pregnant women primarily had a mild deficit in energy intake (36.8%), a severe deficit in protein intake (42.1%), and a severe deficit in carbohydrate intake (78.9%). Adequate levels of iron intake were observed (89.5%), while folic acid intake was sufficient (84.2%). However, calcium intake was found to be lacking (89.5%). **Conclusion:** Pregnant women's energy, protein, and carbohydrate intake mainly fell into the deficit category, while iron and folic acid intake were sufficient, and calcium intake was deficient. **Suggestion:** Efforts to overcome nutritional deficiencies during pregnancy for pregnant women are getting used to eating a variety of foods and it is expected that health workers can provide counseling and nutrition education regularly.

Keywords: *Pregnant women with CED, High risk pregnancy, Nutrient intake*