

**GAMBARAN ASUPAN ENERGI, PROTEIN, FE DAN ASAM FOLAT
PADA IBU HAMIL KEKURANGAN ENERGI KRONIS (KEK)
DI WILAYAH KERJA PUSKESMAS SOBO
KOTA BANYUWANGI**

ABSTRAK

Pendahuluan: Permasalahan gizi yang masih tinggi di Indonesia ialah Kekurangan Energi Kronis (KEK). Asupan makan erat kaitannya dengan ibu hamil KEK. Ibu hamil KEK memberikan dampak yang khas pada bayi yakni Berat Bayi Lahir Rendah (BBLR). **Tujuan:** Mengetahui gambaran asupan energi, protein, Fe dan Asam folat pada ibu hamil KEK pada Wilayah Kerja Puskesmas Sobo Kota Banyuwangi. **Metode:** Penelitian ini bersifat deskriptif yang melibatkan 15 ibu hamil KEK pada Puskesmas Sobo untuk menjadi responden. Data kumpulkan melalui pengisian lembar identitas, pengukuran lingkaran lengan atas memanfaatkan alat bantu pita LiLA dan wawancara *food recall* 2x24 jam. Data dianalisis melalui deskriptif berbentuk tabel distribusi frekuensi yang diolah menggunakan program SPSS. **Hasil:** Hasil penelitian yang dilakukan di Puskesmas Sobo ditemukan Ibu hamil KEK energi defisit berat (100%), Protein defisit berat (46,7%), Fe kurang (100%), dan asam folat kurang (100%). **Kesimpulan:** Berdasarkan hasil penelitian dinyatakan bahwasanya asupan ibu hamil kek energi defisit berat 15 orang (100%), protein defisit berat 7 orang (46,7%), Fe dan asam folat dengan kategori kurang sebanyak 15 orang (100%). **Saran:** Ibu hamil KEK lebih memperhatikan asupan makanan yang harus dikonsumsi agar memenuhi kebutuhan zat gizi dalam periode kehamilan.

Kata kunci: asupan, ibu hamil, KEK

**DESCRIPTION OF ENERGY, PROTEIN, IRON AND FOLIC ACID INTAKE
IN PREGNANT WOMEN PROTEIN ENERGY MALNUTRITION (PEM)
IN THE WORKING AREA OF THE SOBO PUBLIC HEALTH CENTER
BANYUWANGI CITY**

ABSTRACT

Introduction: The ongoing nutritional issue in Indonesia is Protein Energy Malnutrition (PEM). Dietary intake is closely related to PEM in pregnant women. PEM in pregnant women has a distinct impact of infants, namely Low Birth Weight (LBW). **Purpose:** To understand the overview of energy, protein, iron, and folic acid intake in PEM pregnant women in the public health center Sobo area of Banyuwangi. **Methods:** This study is descriptive in nature and involves 15 PEM pregnant women at the Sobo Public Health Center as respondents. Data was collected through identity sheet completion, measurement of upper arm circumference using LiLA tape, and 2x24 hour food recall interviews. The data analyzed descriptively in the form of frequency distribution tables processed using the SPSS program. **Results:** The research conducted at public health center Sobo found that PEM pregnant women had a severe energy deficit (100%), severe protein deficiency (46.7%), insufficient iron (100%), and insufficient Folic Acid (100%). **Conclusion:** Based on the research result, it was stated that the dietary intake of PEM pregnant women consists of severe energy deficit in 15 individuals (100%), severe protein deficit in 7 individuals (46.7%), and insufficient iron and folic acid in 15 individuals (100%). **Recommendation:** PEM pregnant women should pay more attention to their dietary intake in order to meet nutritional requirements during the pregnancy period.

Keywords: intake, pregnant women, PEM