

## GAMBARAN STATUS GIZI PADA BALITA USIA 6-59 BULAN DI WILAYAH KERJA PUSKESMAS UMBULHARJO I TAHUN 2023

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### ABSTRAK

**Latar Belakang:** Masalah Gizi Ganda (MGG) merupakan kondisi adanya masalah gizi buruk (*stunting*, *wasting*, dan *defisiensi mikronutrien*) disertai dengan gizi lebih dan obesitas sepanjang hidup. Masa pertumbuhan dan perkembangan berat badan paling pesat terjadi pada masa balita. Apabila asupan nutrisi saat balita tidak adekuat akan berdampak pada jangka pendek dan panjang kehidupan balita tersebut. Profil Kesehatan Kota Yogyakarta tahun 2020 menunjukkan jumlah tertinggi dirawatnya kasus balita gizi buruk berada di Puskesmas Umbulharjo 1 sebesar 35 balita.

**Tujuan:** Untuk mengetahui gambaran status gizi pada balita usia 6-59 bulan di Wilayah Kerja Puskesmas Umbulharjo 1.

**Metode:** Jenis penelitian survei deskriptif dengan desain penelitian *Study Cross Sectional* didapatkan 40 responden. Teknik pengumpulan data menggunakan data sekunder sesuai buku KIA.

**Hasil:** Balita berstatus gizi baik sebanyak 33 balita (82,5%), gizi kurang sebanyak 3 balita (7,5%), berisiko gizi lebih sebanyak 3 balita (7,5%), dan gizi lebih sebanyak 1 balita (2,5%).

**Kesimpulan:** Hampir seluruh balita berstatus gizi baik tetapi masih ada sebagian kecil memiliki gizi kurang, berisiko gizi lebih, serta gizi lebih.

**Kata Kunci:** Status gizi, balita

*NUTRITION STATUS DESCRIPTION OF TODDLERS AGED 6-59 MONTHS IN THE WORKING AREA OF PUBLIC HEALTH CENTER OF UMBULHARJO 1, 2023*

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**ABSTRACT**

**Background:** *Doble nutritional problems is a condition of the malnutrition problem (stunting, wasting, and micronutrient deficiency) followed by over nutrition and obesity throughout life. The period of growth and development of the fastest weight occurs in toddlerhood. If the nutritional intake when a toddler is inadequate, it will have an impact on the short and long term of the toddler's life. The Health Profile of the Yogyakarta City in 2020 showed that the highest number of cases of toddlers being treated for severely wasted was at the Public Health Center of Umbulharjo 1 with 35 toddlers.*

**Purpose:** *To find out the nutritional status of toddlers aged 6-59 months in the Working Area of Public Health Center of Umbulharjo 1.*

**Method:** *This study uses a descriptive survey with a cross sectional research design totaling 40 respondents. Techniques of data collection use secondary data according to the KIA's Book.*

**Results:** *33 toddlers (82.5%) with good nutritional status, 3 toddlers (7.5%) with wasted, 3 toddlers (7.5%) with possible risk of overweight, and 1 toddler (2.5%) with overweight.*

**Conclusion:** *Almost all toddlers have good nutritional status, but there are still a small part get wasted, possible risk of overweight, and overweight.*

**Keywords:** *Nutritional status, toddlers*