

GAMBARAN ASUPAN MAKANAN DAN RIWAYAT PENYAKIT INFEKSI  
PADA BALITA *STUNTING* DI WILAYAH KERJA PUSKESMAS SAPTOSARI  
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**ABSTRAK**

**Latar Belakang:** Prevalensi *stunting* menurut Survei Kesehatan Indonesia (SKI) pada tahun 2023 ialah 21,5%. Angka prevalensi di DIY tahun 2023 ialah 18,0 %. Prevalensi terbesar di Kabupaten Gunungkidul (29,4%). Asupan makanan dan riwayat penyakit infeksi memegang peranan penting dalam tumbuh kembang anak dapat mempengaruhi status gizi. Berdasarkan studi pendahuluan, didapatkan jumlah balita *stunting* di wilayah kerja Puskesmas Saptosari rentang bulan Januari – Desember 2023 diperoleh balita *stunting* sebanyak 259 balita *stunting*.

**Tujuan:** Mengetahui asupan makanan dan riwayat penyakit infeksi pada balita *stunting* di wilayah kerja Puskesmas Saptosari tahun 2023.

**Metode:** Jenis penelitian ini klasifikasi berdasarkan metode penelitian survei dengan wawancara atau pengisian lembar ceklist. Pengambilan sampel menggunakan metode *Total Sampling* populasi aktual, yaitu sebanyak 235 balita *stunting*. Teknik pengumpulan data diberi kode ke dalam tabel. Kemudian, data dianalisis secara statistik.

**Hasil:** Hasil penelitian menunjukkan bahwa balita *stunting* di wilayah kerja Puskesmas Saptosari cenderung memiliki asupan makanan yang terpenuhi yaitu 159 balita *stunting* (67,7 %), sedangkan balita *stunting* dengan asupan makanan tidak terpenuhi sebanyak 76 balita *stunting* (32,3 %). Kejadian balita *stunting* lebih banyak yang memiliki riwayat penyakit infeksi (Diare dan ISPA) dibandingkan dengan yang tidak memiliki riwayat. Balita *stunting* yang memiliki riwayat penyakit diare sebanyak 160 balita *stunting* (68,1 %) dan balita *stunting* yang memiliki riwayat penyakit ISPA sebanyak 125 balita *stunting* (53,2 %).

**Kesimpulan:** Balita *stunting* di wilayah kerja Puskesmas Saptosari tahun 2023 sebagian besar memiliki asupan makan yang terpenuhi serta sebagian besar memiliki riwayat penyakit Diare dan ISPA.

**Kata Kunci:** *stunting*, balita, riwayat penyakit, diare, ISPA

DESCRIPTION OF FOOD INTAKE AND HISTORY OF INFECTIOUS  
DISEASES IN *STUNTED* TODDLERS IN THE WORKING AREA OF  
SAPTOSARI HEALTH CENTER IN 2023

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**ABSTRACT**

**Background:** The prevalence of *stunting* according to the Indonesian Health Survey (IHS) in 2023 is 21.5%. The prevalence rate in DIY in 2023 is 18.0%. The largest prevalence is in Gunungkidul Regency (29.4%). Food intake and history of infectious diseases play an important role in the growth and development of children can affect nutritional status. Based on preliminary *studies*, it was found that the number of *stunting* toddlers in the Saptosari Health Center work area between January – December 2023 was obtained by 259 *stunting* toddlers.

**Objective:** Knowing food intake and history of infectious diseases in *stunted* toddlers in the work area of the Saptosari Health Center in 2023.

**Methods:** This type of research is classified based on survey research methods by interview or checklist sheet. Sampling using the *Total Sampling method* of the actual population, which is as many as 235 *stunted* toddlers. Data collection techniques are coded into tables. Then, the data is analyzed statistically.

**Results:** The results showed that stunted toddlers in the Saptosari Health Center working area tended to have a fulfilled food intake of 159 stunted toddlers (67.7%), while stunted toddlers with unfulfilled food intake were 76 stunted toddlers (32.3%). The incidence of stunted toddlers is more likely to have a history of infectious diseases (diarrhea and ARI) compared to those who do not have a history. Stunted toddlers who had a history of diarrhea disease were 160 stunted toddlers (68.1%) and stunted toddlers who had a history of ARI disease were 125 stunted toddlers (53.2%).

**Conclusion:** *Stunting* toddlers in the Saptosari Health Center work area in 2023 most had a good dietary intake and most had a history of diarrhoea and ARI..

**Keywords:** *stunting*, toddler, history of disease, diarrhea, ARI