

## **PROTEIN ENERGY INTAKE AND NUTRITIONAL STATUS OF UNDER-FIVE CHILDREN WHO GOT RECOVERY SUPPLEMENTARY FEEDING IN MINGGIR PUBLIC HEALTH CENTER SLEMAN YOGYAKARTA**

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### **ABSTRACT**

**Background:** One of the efforts to reduce the prevalence of malnutrition is by giving Recovery Supplementary Feeding (*PMT*). The results of assesment of nutritional status based on index of weight/age in Minggir Public Health Center in 2014 after Recovery *PMT*, showed that 6,18% was undernutritions and 1% was malnutrition.

**Objective:** The objective of this study is to identify protein energy intake and nutritional status of under-five children.

**Method:** The type of this study is observational with cross sectional study design in June 2016. The research variables were protein energy intake and nutritional status of under-five children. The subjects in this study were 38 children under five years based on exclusion and inclusion research criteria.

**Result:** The results showed that 10 (66,7%) of children who had inadequate energy intake were undernutrition and malnutrition and 25 (65,2%) of children who had adequate energy intake were undernutrition and malnutrition. One (50%) of children who had inadequate protein intake were undernutrition and malnutrition and 24 (66,7%) of children who had adequate protein intake were undernutrition and malnutrition. Three (42,9%) of malnutrition children after getting Recovery *PMT* changed into undernutrition during this study and 7 (36,8%) of good nutrition children after getting Recovery *PMT* changed into undernutrition during this study.

**Conclusion:** It can be concluded that 66,7% of children who had inadequate energy intake were undernutrition and malnutrition and 66,7% of children who had adequate protein intake were undernutrition and malnutrition. Malnutrition children after getting Recovery *PMT* changed into undernutrition during this study were 42,9% and 36,8% of good nutrition children after getting Recovery *PMT* changed into undernutrition during this study.

**Key Words:** under-five children who got recovery *PMT* Recovery, energy intake, protein intake, nutritional status

# ASUPAN ENERGI PROTEIN DAN STATUS GIZI BALITA YANG PERNAH MENDAPAT PMT PEMULIHAN DI WILAYAH KERJA PUSKESMAS MINGGIR KABUPATEN SLEMAN DIY

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## INTISARI

**Latar Belakang:** Upaya untuk menurunkan prevalensi gizi kurang salah satunya melalui Pemberian Makanan Tambahan (PMT) Pemulihan. Hasil penilaian status gizi berdasarkan indeks BB/U di Puskesmas Minggir tahun 2014 setelah program PMT Pemulihan berakhir, menunjukkan 6,18% gizi kurang dan 1% gizi buruk.

**Tujuan:** Penelitian bertujuan untuk mengetahui asupan energi protein dan status gizi balita yang pernah mendapat PMT Pemulihan di wilayah kerja Puskesmas Minggir Kabupaten Sleman.

**Metode:** Jenis penelitian ini observasional dengan rancangan penelitian *cross sectional* pada bulan Juni 2016. Variabel penelitian adalah asupan energi protein dan status gizi balita. Subyek dalam penelitian ini adalah 38 balita berdasarkan kriteria eksklusi inklusi penelitian.

**Hasil:** Hasil penelitian menunjukkan bahwa 10 (66,7%) balita yang asupan energinya kurang mengalami gizi buruk dan kurang dan 25 (65,2%) balita yang asupan energinya baik mengalami gizi buruk dan kurang. Sebanyak 1 (50%) balita yang asupan proteinnya kurang mengalami gizi buruk dan kurang dan 24 (66,7%) balita yang asupan proteinnya baik mengalami gizi buruk dan kurang. Sebanyak 3 (42,9%) balita gizi buruk setelah PMT Pemulihan berubah mengalami gizi kurang saat penelitian dan 1 (14,3%) balita gizi buruk setelah PMT Pemulihan berubah mengalami gizi baik saat penelitian.

**Kesimpulan:** Disimpulkan bahwa 66,7% balita yang asupan energinya kurang mengalami gizi buruk dan gizi kurang dan 66,7% balita yang asupan proteinnya baik mengalami gizi buruk dan gizi kurang. Perubahan status gizi buruk setelah PMT Pemulihan menjadi gizi kurang saat penelitian sebanyak 42,9% dan 36,8% balita gizi baik setelah PMT Pemulihan berubah mengalami gizi kurang saat penelitian.

**Kata Kunci:** balita yang pernah mendapat PMT Pemulihan, asupan energi, asupan protein, status gizi