

**AN OVERVIEW OF THE INCIDENCE OF CHRONIC ENERGY
DEFICIENCY (CHD) IN PREGNANT WOMEN AT THE SAPTOSARI
HEALTH CENTER
IN 2024**

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ABSTRACT

Background: Chronic Energy Deficiency (CHD) is a major nutritional problem in pregnant women that has serious impacts on maternal and fetal health, such as anemia, preterm labor, low birth weight, and stunting. Based on data from the Gunungkidul Health Office in 2023, the Saptosari Health Center recorded the highest prevalence of SEZ at 24.71%. Despite the decrease, the SEZ rate in 2024 was still high, at 16.30%, and had not reached the national target of 10%. This condition is the basis for knowing the characteristics of pregnant women with SEZ in the region.

Objective: This study aimed to describe the incidence of CED among pregnant women based on age, education level, occupation, gravida status, Body Mass Index (BMI), and first-trimester hemoglobin (Hb) levels at Saptosari Health Center in 2024.

Methods: : This study used a descriptive design with a cross-sectional approach. The sample consisted of 44 pregnant women with SEZ who were recorded in the cohort and e-medical records of the Saptosari Health Center for the period January-December 2024. Data were analyzed univariately and presented in the form of frequency distribution and percentage.

Results: Most respondents were 20-35 years old (86.4%), had secondary education (61.4%), did not work (63.6%), were primigravida (65.9%), had low BMI status (50%), and normal Hb levels (72.7%).

Conclusion: The characteristics of pregnant women with SEZ at the Saptosari Health Center in 2024 showed the dominance of non-risk age groups, secondary education, housewives, primigravida, poor nutritional status, and normal Hb levels.

Keywords: *Chronic Energy Deficiency, Pregnancy, Nutrition*

GAMBARAN KEJADIAN KEKURANGAN ENERGI KRONIS (KEK) PADA IBU HAMIL DI PUSKESMAS SAPTOSARI TAHUN 2024

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ABSTRAK

Latar Belakang: Kekurangan Energi Kronis (KEK) merupakan masalah gizi utama pada ibu hamil yang berdampak serius terhadap kesehatan ibu dan janin, seperti anemia, persalinan prematur, Berat Badan Lahir Rendah (BBLR), dan stunting. Berdasarkan data Dinas Kesehatan Gunungkidul tahun 2023, Puskesmas Saptosari mencatat prevalensi KEK tertinggi sebesar 24,71%. Meskipun mengalami penurunan, angka KEK pada tahun 2024 masih tinggi, yaitu sebesar 16,30%, dan belum mencapai target nasional sebesar 10%. Kondisi ini menjadi dasar untuk mengetahui karakteristik ibu hamil dengan KEK di wilayah tersebut. **Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kejadian KEK pada ibu hamil berdasarkan usia, tingkat Pendidikan, pekerjaan, gravida, status Indeks Masa Tubuh (IMT), dan kadar Hemoglobin (Hb) trimester pertama di Puskesmas Saptosari Tahun 2024.

Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan cross-sectional. Sampel terdiri dari 44 ibu hamil dengan KEK yang tercatat dalam kohort dan e-rekam medis Puskesmas Saptosari periode Januari–Desember 2024. Data dianalisis secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil: Sebagian besar responden berusia 20–35 tahun (86,4%), berpendidikan menengah (61,4%), tidak bekerja (63,6%), primigravida (65,9%), memiliki status IMT kurang (50%), dan kadar Hb normal (72,7%).

Kesimpulan: Gambaran karakteristik ibu hamil dengan KEK di Puskesmas Saptosari tahun 2024 menunjukkan dominasi kelompok usia tidak berisiko, pendidikan menengah, ibu rumah tangga, primigravida, status gizi kurang, dan kadar Hb normal.

Kata Kunci: Kekurangan Energi Kronis (KEK), Ibu Hamil, Gizi