

**PEMBERIAN MAKANAN TAMBAHAN BERBAHAN PANGAN LOKAL
PADA BALITA GIZI KURANG DI PUSKESMAS LENDAH I
TAHUN 2024**

Dewi Rahmawati¹, Irianton Aritonang², Almira Sitasari³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden Gamping Sleman DI Yogyakarta
Email: dewiazkiya@gmail.com

ABSTRAK

Latar belakang: Masalah gizi pada balita di Indonesia, terutama gizi kurang, masih menjadi tantangan besar. Pemberian Makanan Tambahan (PMT) berbahan pangan lokal diharapkan dapat meningkatkan status gizi balita gizi kurang. Penelitian ini sebagai evaluasi PMT berbahan pangan lokal terhadap asupan energi, protein, lemak, dan status gizi balita.

Tujuan: Penelitian ini bertujuan untuk mengevaluasi dampak PMT berbahan pangan lokal terhadap asupan energi, protein, lemak, dan status gizi balita di Puskesmas Lendah I tahun 2024.

Metode: Penelitian ini menggunakan metode observasional analitik dengan desain kohort retrospektif. Data dikumpulkan dari 38 balita gizi kurang yang menerima PMT selama 56 hari yang terdokumentasi dalam buku pemantauan PMT. Asupan gizi diukur sebelum dan sesudah intervensi menggunakan aplikasi Nutrisurvey. Analisis data yang digunakan adalah Wilcoxon.

Hasil: Hasil penelitian menunjukkan adanya peningkatan signifikan dalam asupan energi, protein, dan lemak setelah intervensi PMT. Selain itu, terdapat perbaikan status gizi balita yang diukur dengan indeks BBTB, di mana jumlah balita dengan status gizi kurang berkurang secara signifikan. (p-value=0,0001)

Kesimpulan: PMT berbahan pangan lokal efektif dalam meningkatkan status gizi balita gizi kurang. Penelitian ini merekomendasikan untuk melanjutkan dan memperluas program PMT sebagai upaya penanganan masalah gizi kurang di masyarakat.

Kata Kunci: Pemberian Makanan Tambahan, pangan lokal, balita, gizi kurang, status gizi.

PROVISION OF ADDITIONAL FOOD FROM LOCAL FOOD MATERIALS TO TODDLERS WITH UNDERNUT IN LENDAH I HEALTH CENTER IN 2024

Dewi Rahmawati¹, Irianton Aritonang², Almira Sitasari³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden Gamping Sleman DI Yogyakarta
Email: dewiazkiya@gmail.com

ABSTRACT

Background: Nutritional problems in toddlers in Indonesia, especially malnutrition, are still a major challenge. Providing Supplementary Food (PSF) made from local foods is expected to improve the nutritional status of toddlers with malnutrition. This study is an evaluation of PSF made from local foods on the intake of energy, protein, fat, and nutritional status of toddlers.

Objective: This study aims to evaluate the impact of PSF made from local foods on the intake of energy, protein, fat, and nutritional status of toddlers at the Lendah I Health Center in 2024.

Method: This study used an analytical observational method with a retrospective cohort design. Data were collected from 38 malnourished toddlers who received PMT for 56 days as documented in the PSF monitoring book. Nutritional intake was measured before and after the intervention using the Nutrisurvey application. The data analysis used was wilcoxon.

Results: The results showed a significant increase in energy, protein, and fat intake after the PSF intervention. In addition, there was an improvement in the nutritional status of toddlers as measured by the BB/TB index, where the number of toddlers with poor nutritional status decreased significantly. (p-value=0.000)

Conclusion: PSF made from local food is effective in improving the nutritional status of toddlers with malnutrition. This study recommends continuing and expanding the PSF program as an effort to address undernut in the community.

Keywords: Provision of Additional Food, local food, toddlers, undernut, nutritional status.