

**OVERVIEW OF DIETARY INTAKE AND CHRONIC ENERGY
DEFICIENCY INCIDENCE AMONG PREGNANT WOMEN IN
PENDOWOREJO AND WIJIMULYO VILLAGES, KULON PROGO
REGENCY**

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ABSTRACT

Background: Chronic Energy Deficiency (CED) in Pregnant women is a nutritional problem that may increase the risk of complications for both the mother and the fetus. Inadequate dietary contributes to the occurrence of CED.

Objective: To describe dietary intake and the incidence of CED among pregnant women in Pendoworejo and Wijimulyo Villages, Kulon Progo Regency.

Methods: This descriptive study employed a cross-sectional design. A total of 30 second and third trimester pregnant women were selected using the total sampling technique. Dietary intake data were collected using 3x24 hour food recalls, while CED status was assessed by measuring Mid-Upper Arm Circumference (MUAC). Data were analyzed using descriptive univariate analyses.

Results: Most respondents were aged 20-35 years, had completed senior high school education, and were housewives. A total of 20 respondents had inadequate energy intake, 17 respondents had inadequate protein intake, 19 respondents had inadequate fat intake, and 22 respondents had inadequate carbohydrate intake. Based on MUAC measurements experienced CED. No association was found between dietary intake and the incidence of CED.

Conclusion: The majority of pregnant women had inadequate macronutrient intake; however, most of them did not experience CED.

Keywords: dietary intake, pregnant women, Chronic Energy Deficiency (CED), Mid-Upper Arm Circumference (MUAC).

**GAMBARAN ASUPAN MAKAN DAN KEJADIAN KEKURANGAN
ENERGI KRONIK (KEK) PADA IBU HAMIL DI DESA PENDOWOREJO
DAN WIJIMULYO KABUPATEN KULON PROGO**

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ABSTRAK

Latar belakang: Kekurangan Energi Kronis (KEK) pada ibu hamil merupakan masalah gizi yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Asupan makan yang tidak adekuat yang berkontribusi terhadap kejadian KEK.

Tujuan: Mengetahui Gambaran asupan makan dan kejadian KEK pada ibu hamil hamil di Desa Pendoworejo dan Wijimulyo, Kabupaten Kulon Progo.

Metode: Penelitian deskriptif dengan *cross sectional*. Sampel berjumlah 30 ibu hamil trimester II dan III yang dipilih dengan Teknik *total sampling*. Data asupan makan diperoleh melalui recall 3x24 jam dan status KEK diukur menggunakan Lingkar Lengan Atas (LiLA). Analisis data yang digunakan menggunakan metode deskriptif univariat dan bivariat.

Hasil: Sebagian besar responden berusia 20-35 tahun, berpendidikan SMA/SMK dan bekerja sebagai ibu rumah tangga. Sebanyak 20 responden memiliki asupan energi kurang, 17 responden memiliki asupan protein kurang, 19 responden memiliki asupan karbohidrat kurang. Berdasarkan pengukuran LiLA sebanyak 25 (83,3%) responden tidak mengalami KEK dan 5 (16,7%) responden mengalami KEK. Tidak terdapat keterkaitan antara asupan makan dengan kejadian KEK.

Kesimpulan: Mayoritas ibu hamil memiliki asupan zat gizi mikro yang kurang, namun sebagian besar tidak mengalami KEK.

Kata Kunci: asupan makan, ibu hamil, Kekurangan Energi Kronis (KEK), LiLA.