

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA POLITEKNIK
KESEHATAN KEMENKES RIAU JURUSAN GIZI**

LAPORAN TUGAS AKHIR, APRIL 2020

MARSHA APRILIA.

**GAMBARAN ASUPAN SERAT PADA BALITA *STUNTING* USIA (24-59)
BULAN DI KECAMATAN PASIR PENYU KABUPATEN INDRAGIRI
HULU (DATA SEKUNDER: DATA PPG TAHUN 2017)**

xiv + 50 + 3 Tabel

INTISARI

Masalah anak pendek (*stunting*) merupakan salah satu permasalahan gizi yang dihadapi di dunia, khususnya di negara-negara miskin dan berkembang. Beberapa studi menunjukkan risiko yang diakibatkan *stunting* yaitu penurunan prestasi akademik, meningkatkan risiko obesitas lebih rentan terhadap penyakit tidak menular dan peningkatan risiko penyakit degeneratif.

Penelitian ini untuk melihat gambaran asupan serat pada balita *stunting* di Kecamatan Pasir Penyus Kabupaten Indragiri Hulu. Jumlah Sampel 44 orang anak balita *stunting* dengan status gizi berdasarkan tinggi badan menurut umur atau panjang badan menurut umur dengan z-score (< -3 SD s/d -2 SD) menggunakan data sekunder tahun 2017, data asupan serat didapat dari recall 1x24 jam.

Berdasarkan hasil penelitian rata-rata asupan serat balita *stunting* $3,16 \pm 2,78$ gram/hari dengan nilai minimum 0 gram, maximum 15,10 gram tingkat konsumsi serat 0,19 gram. Frekuensi konsumsi serat balita *stunting* 1xsehari, 2x sehari dan 3xsehari dilihat dari hasil recall 1x24 jam. Jenis bahan pangan sumber serat balita *stunting* yang paling banyak di konsumsi adalah makan pokok yaitu nasi. Sedangkan bahan pangan sumber serat yang paling sedikit dikonsumsi balita *stunting* adalah buah dan sayuran.

Daftar Pustaka : 30 (2002-2018)

Kata kunci : *Stunting*, Asupan Serat

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FINAL PROJECT REPORT, APRIL, 2020

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**DESCRIPTION OF FIBER INTAKE IN AGE OF STUNTING AGE (24-59)
MONTHS IN DISTRICT SAND TURTLE INDRAGIRI HULU DISTRICT
(SECONDARY DATA: PPG DATA IN 2017)**

xiv + 50 + 3 Table

ABSTRACT

The problem of short children (*stunting*) is one of the nutritional problems faced in the world, especially in poor and developing countries. Several studies have shown the risks caused by stunting, namely decreased academic achievement, increased risk of obesity more susceptible to non-communicable diseases and increased risk of degenerative diseases.

This research is to see the description of fiber intake in stunting toddlers in the District of Pasir Penyau, Indragiri Hulu District. Number of Samples 44 children stunting under five with nutritional status based on height by age or body length according to age with z-score (<-3 SD to -2 SD) using secondary data in 2017, fiber intake data obtained from 1x24 hour recall.

Based on the results of the study, the average fiber intake of stunting toddlers was 3.16 ± 2.78 grams / day with a minimum value of 0 grams, a maximum of 15.10 grams of fiber consumption level of 0.19 grams. Frequency of consumption of stunting toddler fiber 1x daily, 2x daily and 3x daily viewed from recall results 1x24 hours. The most common type of food source for stunting toddler fiber consumption is staple food, namely rice. Whereas the food sources of fiber which were the least consumed by stunting infants were fruits and vegetables.

Bibliography : 36 (2002-2018)

Keywords : *Stunting*, Fiber Intake