

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

TUGAS AKHIR, 2020

RESVITA NURBEN PUTRI

**GAMBARAN STATUS GIZI BALITA USIA 12-60 BULAN (BB/U) DI
WILAYAH PUSKESMAS SIDOMULYO KECAMATAN TAMPAN
(DATA SEKUNDER) DATA PPG TAHUN 2019**

xiv + 42 Halaman + 5 Tabel + + 1 Lampiran

INTISARI

Status gizi balita merupakan salah satu indikator gizi masyarakat, dan bahkan telah dikembangkan menjadi salah satu indikator kesehatan dan kesejahteraan masyarakat. Hal ini karena balita merupakan kelompok yang sangat rentan terhadap berbagai penyakit kekurangan gizi. Status gizi kurang pada balita berdasarkan indeks BB/U di Provinsi Riau menunjukkan peningkatan di tahun 2018 sebanyak 10,7% (Dinkes, 2018)

Penelitian ini menggunakan jenis penelitian deskriptif dengan desain *cross sectional*. penelitian ini menggunakan data sekunder. Perencanaan Program Gizi (PPG) Tahun 2019 di Wilayah Puskesmas Kecamatan Tampan.

Hasil penelitian, menunjukkan status gizi berdasarkan indikator berat badan menurut umur (BB/U) balita dengan dengan status gizi kurang sebanyak 6 orang (11,11%), gizi baik sebanyak 47 orang (87,03%), status gizi lebih sebanyak 1 orang (1,85%). Terdapat beberapa faktor yang mempengaruhi status gizi balita yaitu karakteristik responden, salah satunya pendidikan ibu yang memiliki persentase tertinggi yaitu SMA dan persentase terendah D1 dan SD. Kebanyakan ibu bekerja sebagai ibu rumah tangga. Ibu yang memiliki pengetahuan baik sebanyak 44,44% sedangkan ibu yang memiliki pengetahuan kurang sebanyak 12,96%. Untuk tingkat asupan balita selama 24 jam balita yang memiliki asupan energi yang cukup 18,52% yang kurang 51,85%, protein cukup 22,22% kurang 35,19, lemak cukup 16,67% kurang 62,96, karbohidrat cukup 20,37% kurang 48,15%. Tenaga kesehatan agar selalu memberikan informasi dan melakukan penyuluhan untuk menambah wawasan ibu dan pengetahuan terkait gizi seimbang balita serta ibu selalu rutin mengikuti apabila ada penyuluhan

Daftar Pustaka : 29 (2010 -2019)

Kata Kunci : Status Gizi Balita , Gizi Kurang

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
POLYTECHNIC HEALTH MINISTRY OF RIAU
DEPARTMENT OF DIET NUTRITION**

FINAL TASK REPORT

RESVITA NURBEN PUTRI

**OVERVIEW OF THE NUTRITIONAL STATUS OF TODDLERS AGE
12-60 MONTHS (BB /U) AT PUBLIC HEALTH CENTER, SIDOMULYO,
TAMPAN SUB-DISTRICT (SECONDARY DATA) PPG DATA FOR 2019**
xiv + 42 Halaman + 5 Tabel + + 1 Lampiran

ABSTRACT

The nutritional status of children under five is one indicator of community nutrition, and has even been developed into one indicator of the health and well-being of the community. This is because toddlers are a group that is very vulnerable to various malnutrition. Underweight nutritional status of children under five based on BB / U index in Riau Province showed an increase in 2018 of 10.7% (Dinkes, 2018)

This research used descriptive cross sectional design. This type of research uses secondary data from previous research, namely the 2019 Nutrition Program Planning (PPG) subject in the Puskesmas District of Tampan.

The results showed nutritional status based on weight indicators according to age (BB / U) of toddlers with less nutritional status as many as 6 people (11.11%), good nutrition as many as 47 people (87.03%), more nutritional status as much as 1 person (1.85%). There are several factors that affect the nutritional status of children under five, namely the characteristics of respondents, one of them is the education of mothers who have the highest percentage of high school and the lowest percentage of D1 and elementary school. Most mothers work as housewives. Mothers who have good knowledge are 44.44% while mothers who have less knowledge are 12.96%. For the level of intake of toddlers for 24 hours a toddler who has enough energy intake of 18.52% which lacks 51.85%, enough protein 22.22% less 35.19, enough fat 16.67% less 62.96, enough carbohydrate 20 37% less 48.15%. Health workers should always provide information and conduct counseling to increase the mother's insight and knowledge related to balanced nutrition for infants and mothers always follow regularly when there is counseling

Daftar Pustaka : 29 (2010-2019)

Kata Kunci : Status gizi Balita , Gizi Kurang