

ABSTRAK

FARRAS SAUSAN THAHIRAH. Gambaran Status Sosial Ekonomi Keluarga, Asupan Zat Gizi Makro Dan Status Gizi Balita (BB/U) Usia 6-59 Bulan Kelurahan Jadirejo Di Wilayah Kerja Puskesmas Langsat. Dibimbing oleh Rahimatul Uthia S.Farm,M.Si.

Masalah gizi balita masih menjadi tantangan kesehatan masyarakat di Indonesia. Berdasarkan data SKI 2023, meskipun 84,1% balita di Indonesia memiliki status gizi baik, namun 15,9% masih mengalami gizi buruk atau kurang. Di Provinsi Riau sendiri, 12,4% balita masih mengalami masalah gizi. Penelitian ini bertujuan untuk menggambarkan status sosial ekonomi keluarga, asupan zat gizi makro, dan status gizi balita berdasarkan BB/U di Kelurahan Jadirejo wilayah kerja Puskesmas Langsat. Desain penelitian ini adalah deskriptif dengan pendekatan cross-sectional, menggunakan data sekunder dari 40 balita berusia 6–59 bulan. Hasil Penelitian status ekonomi keluarga status ekonomi miskin 8 keluarga (20%), status ekonomi keluarga yang tidak termasuk miskin yaitu 32 keluarga (80%). Asupan zat gizi makro dari asupan energi 24 balita (60%) kategori kurang, 12 balita (30%) kategori cukup, dan 4 balita (10%) kategori lebih dari kebutuhan hariannya. Asupan karbohidrat kategori kurang 27 balita (67,5%), kategori cukup 8 orang (20%) dan kategori lebih 5 balita (12,5%). Asupan protein kategori kurang 1 balita (2,5%), cukup 7 balita (17,5%), kategori lebih 32 balita (80%). Asupan lemak kategori kurang 21 balita (52,5%), kategori cukup 13 balita (32,5%), dan kategori lebih 6 balita (15%). Status gizi balita berdasarkan berat badan/umur (BB/U) yaitu status gizi baik (62,5%) 25 orang balita, status gizi kurang 11 orang balita (27,5%) dan status gizi buruk, yaitu sebanyak 4 orang balita (10%).

Kata kunci: status ekonomi keluarga, asupan zat gizi macro, status gizi balita

ABSTRACT

FARRAS SAUSAN THAHIRAH. Overview of Family Socioeconomic Status, Macronutrient Intake and Nutritional Status of Toddlers (BB/U) Aged 6-59 Months in Jadirejo Village in the Working Area of Langsat Health Center. Supervised by Rahimatul Uthia S.Farm,M.Si.

Nutritional problems in toddlers remain a significant public health challenge in Indonesia. According to the 2023 Indonesian Health Survey (SKI), although 84.1% of toddlers have good nutritional status, 15.9% still suffer from malnutrition or undernutrition. In Riau Province, 12.4% of toddlers are still experiencing nutritional problems. This study aims to describe the family's socio-economic status, macronutrient intake, and the nutritional status of toddlers based on weight-for-age (BB/U) in Jadirejo Subdistrict, working area of Langsat Public Health Center. The study used a descriptive cross-sectional design with secondary data from 40 toddlers aged 6–59 months. Research Results: The economic status of families with poor economic status is 8 families (20%), the economic status of families that are not poor is 32 families (80%). The intake of macronutrients from energy intake is 24 toddlers (60%) in the less category, 12 toddlers (30%) in the sufficient category, and 4 toddlers (10%) in the more than their daily needs. Carbohydrate intake in the category of less than 27 toddlers (67.5%), sufficient category 8 toddlers (20%) and more than 5 toddlers (12.5%). Protein intake in the category of less than 1 toddler (2.5%), sufficient category 7 toddlers (17.5%), more than 32 toddlers (80%). Fat intake in the category of less than 21 toddlers (52.5%), sufficient category 13 toddlers (32.5%), and more than 6 toddlers (15%). Nutritional status of toddlers based on weight/age (BB/U) is good nutritional status (62.5%) 25 toddlers, less than 11 toddlers (27.5%) and poor nutritional status, namely 4 toddlers (10%).

Keywords: family economic status, macro nutrient intake, nutritional status of toddlers