

## ABSTRAK

DWI SAFITRI FADILLA, Gambaran Gambaran Program Pemberian Makanan Tambahan terhadap Balita Gizi Kurang di Wilayah Kecamatan Limapuluh. Dibimbing oleh Rahimatul Uthia, Sfarm. M,Si

Penelitian ini bertujuan untuk menggambarkan pelaksanaan dan dampak Program Pemberian Makanan Tambahan (PMT) terhadap balita gizi kurang di Kecamatan Limapuluh, Kota Pekanbaru. Penelitian dilakukan pada bulan Agustus–September menggunakan pendekatan deskriptif-retrospektif dengan total sampel sebanyak 40 balita. Data dikumpulkan melalui kuesioner dan pengukuran antropometri sebelum dan sesudah pelaksanaan program selama 56 hari. Hasil menunjukkan bahwa 82,5% balita mengalami peningkatan berat badan dan 87,5% mengalami peningkatan tinggi badan. Mayoritas balita menyukai PMT dan tidak mengalami keluhan setelah mengonsumsinya. Seluruh ibu balita telah menerima edukasi gizi dan sebagian besar mampu menerapkannya di rumah. Program PMT dinilai cukup efektif dalam meningkatkan status gizi balita, namun diperlukan perbaikan, seperti memperpanjang durasi program menjadi 90 hari serta meningkatkan edukasi gizi berkelanjutan bagi orang tua. Disarankan kepada pihak terkait, khususnya puskesmas dan tenaga gizi, untuk meningkatkan kualitas dan variasi menu PMT serta memperkuat edukasi melalui pendampingan langsung di rumah.

**Kata Kunci:** balita, gizi kurang, pemberian makanan tambahan, intervensi gizi

## ABSTRACT

*DWI SAFITRI FADILLA, Overview of the Supplementary Feeding Program for Undernourished Toddlers in Limapuluh District. Supervised by Rahimatul Uthia, S.Farm., M.Si*

*This study aimed to describe the implementation and impact of the Supplementary Feeding Program (PMT) on undernourished toddlers in Limapuluh District, Pekanbaru City. Conducted from August to September, the study used a descriptive-retrospective approach and involved a total sample of 40 toddlers. Data were collected through questionnaires and anthropometric measurements before and after the 56-day program. The results showed that 82.5% of the toddlers experienced weight gain, and 87.5% showed an increase in height. Most toddlers liked the supplementary food and reported no complaints after consumption. All mothers received nutrition education, and most were able to apply it at home. The PMT program proved to be fairly effective in improving toddlers' nutritional status; however, improvements are needed, such as extending the program duration to 90 days and enhancing continued nutrition education for parents. It is recommended that health centers and nutrition workers improve the quality and variety of PMT menus and strengthen education through direct home assistance.*

**Keywords:** *toddler, undernutrition, supplementary feeding, nutrition intervention*