

ABSTRAK

ALFITRATUL RIZQAINI. Studi Kasus Perubahan Berat Badan, Lingkar Lengan Atas, serta Berat Badan Lahir Bayi pada Ibu Hamil Kekurangan Energi Kronis yang Memperoleh Makanan Tambahan (MT) Lokal. Dibimbing oleh Muharni, SP, M. Gizi.

Kekurangan Energi Kronis (KEK) merupakan kondisi kekurangan gizi jangka panjang yang ditandai dengan Lingkar Lengan Atas (LILA) $<23,5$ cm. KEK pada ibu hamil dapat menyebabkan gangguan kesehatan bagi ibu dan janin. Salah satu upaya pemerintah dalam menangani masalah ini adalah melalui pemberian Makanan Tambahan (MT) Lokal. Penelitian ini bertujuan untuk mengetahui gambaran status gizi ibu hamil KEK sebelum dan sesudah diberikan MT Lokal di Wilayah Kerja Puskesmas Pekanbaru Kota Tahun 2024. Penelitian menggunakan pendekatan kualitatif dengan desain studi kasus deskriptif, dilaksanakan pada Agustus 2024-Mei 2025. Populasi penelitian adalah tiga ibu hamil KEK yang menerima MT Lokal di Wilayah Kerja Puskesmas Pekanbaru Kota. Data primer diperoleh dari e-PPGBM berupa berat badan dan LILA, sedangkan data sekunder berasal dari wawancara terkait kondisi sosial ekonomi responden. Hasil penelitian menunjukkan adanya peningkatan berat badan dan LILA selama 4 bulan pemantauan. R1 mengalami kenaikan berat badan sebesar 12,95 kg, R2 sebesar 5,5 kg, dan R3 sebesar 6,45 kg. Peningkatan LILA berkisar antara 1–2 cm. Dari tiga responden, satu ibu melahirkan bayi dengan Berat Badan Lahir Rendah (BBLR).

Kata Kunci : Ibu Hamil KEK, MT Lokal, Berat Badan, LILA, BBLR

ABSTRACT

ALFITRATUL RIZQAINI. Case Study on Changes in Weight, Upper Arm Circumference, and Birth Weight of Babies Born to Pregnant Women with Chronic Energy Deficiency Receiving Local Supplementary Food. Supervised by Muharni, SP, M. Gizi.

Chronic Energy Deficiency (CED) is a long-term nutritional deficiency condition characterized by an Upper Arm Circumference (MUAC) of less than 23.5 cm. CED in pregnant women can lead to health problems for both the mother and the fetus. One of the government's efforts to address this issue is through the provision of Local Supplementary Food (MT). This study aims to describe the nutritional status of pregnant women with CED before and after receiving Local Supplementary Food in the Working Area of Pekanbaru Kota Public Health Center in 2024. This research uses a qualitative approach with a descriptive case study design and was conducted from August 2024 to May 2025. The study population consisted of three pregnant women with CED who received Local Supplementary Food in the working area of the Pekanbaru Kota Public Health Center. Primary data were obtained from the e-PPGBM system, including body weight and MUAC measurements, while secondary data were collected through interviews regarding the respondents' socioeconomic conditions. The results showed an increase in body weight and MUAC over the four months of monitoring. R1 gained 12.95 kg, R2 gained 5.5 kg, and R3 gained 6.45 kg. The increase in MUAC ranged between 1–2 cm. Among the three respondents, one mother gave birth to a baby with Low Birth Weight (LBW).

Keyword : Pregnant Women with CED, Local Supplementary Food, Body Weight, MUAC, LBW