

ABSTRAK

Triana afila. Gambaran Pemberian Makanan Tambahan (MT) Lokal dan berat badan mingguan balita di wilayah kerja Puskesmas Rumbai Bukit. Dibimbing oleh Yola Humaroh,SKM,MPH

Pemberian Makanan Tambahan (PMT) lokal merupakan upaya untuk memperbaiki status gizi balita dengan memanfaatkan bahan pangan lokal secara berkelanjutan. Makanan tambahan ini sesuai dengan prinsip "Isi Piringku" dan Pedoman Gizi Seimbang, mencakup sumber karbohidrat, protein hewani dan nabati, lemak, vitamin, serta mineral. Penelitian ini bertujuan menggambarkan pemberian PMT lokal dan perubahan berat badan mingguan balita di Puskesmas Rumbai Bukit. Penelitian bersifat deskriptif dengan desain cross-sectional, menggunakan data sekunder pemantauan berat badan balita di Puskesmas Rumbai Bukit. Hasil menunjukkan PMT lokal berdampak positif terhadap peningkatan berat badan balita, namun belum mencapai standar kenaikan minimal 50 gram/kg BB/minggu (Juknis PMT Lokal, 2025). Selama 56 hari, balita rata-rata mengonsumsi PMT selama 47 hari. Rendahnya konsumsi disebabkan oleh gangguan kesehatan, ketidaksukaan terhadap menu, kurangnya kepatuhan orang tua, serta PMT yang dikonsumsi anggota keluarga lain.

Kata kunci : PMT, balita, berat badan.

ABSTRACT

Triana Afrila. Overview of Local Supplementary Feeding (PMT) and Weekly Weight of Toddlers at Rumbai Bukit Public Health Center. Supervised by Yola Humaroh, SKM, MPH.

Local Supplementary Feeding (PMT) is an effort to improve the nutritional status of toddlers by sustainably utilizing local food sources. This supplementary food aligns with the principles of "My Plate" and Balanced Nutrition Guidelines, including sources of carbohydrates, animal and plant-based proteins, fats, vitamins, and minerals. This study aims to describe the provision of local PMT and the weekly weight changes of toddlers at the Rumbai Bukit Public Health Center. It is a descriptive study with a cross-sectional design, using secondary data from toddler weight monitoring records at the health center. The results show that local PMT has a positive impact on toddler weight gain, although it has not yet met the minimum standard of weight gain, which is 50 grams/kg body weight/week (PMT Local Technical Guidelines, 2025). Over a 56-day period, toddlers consumed PMT on average for 47 days. Low consumption was attributed to health issues, dislike of the menu, lack of parental compliance, and PMT being consumed by other family members.

Keywords: Supplementary Feeding, toddlers, weight gain.