

ABSTRAK

”Hanilfi Urrahmi Ulya” (Gambaran Perubahan Status Gizi Balita pada Program Pemberian Makanan Tambahan (PMT) Lokal di Puskesmas Karya Wanita Rumbai). Dibimbing oleh Irma Susan Paramita, S.Gz, M.Kes dan Falinda Oktariani, M.Pd.

Masalah gizi pada balita masih menjadi perhatian karena dapat memengaruhi pertumbuhan dan perkembangan anak. Salah satu upaya penanggulangan masalah gizi dilakukan melalui Program Pemberian Makanan Tambahan (PMT) Lokal berbasis pangan lokal. Penelitian ini bertujuan mengetahui gambaran perubahan status gizi balita sebelum dan sesudah mendapatkan PMT Lokal di Puskesmas Karya Wanita Rumbai. Penelitian ini merupakan penelitian deskriptif dengan pendekatan retrospektif menggunakan data sekunder E-PPGBM tahun 2025. Sampel penelitian berjumlah 50 balita penerima PMT Lokal yang dipilih menggunakan teknik total sampling. Program PMT Lokal diberikan selama 56 hari (26 Mei–20 Juli 2025). Status gizi diukur menggunakan indikator Berat Badan menurut Umur (BB/U) sebelum dan sesudah intervensi. Data dianalisis secara univariat dan disajikan dalam bentuk distribusi frekuensi. Hasil penelitian menunjukkan sebagian besar balita berjenis kelamin laki-laki (56%) dan berusia 24–35 bulan (46%). Status gizi awal didominasi kategori berat badan kurang (78%). Setelah PMT Lokal, seluruh balita mengalami peningkatan berat badan dan jumlah balita dengan status gizi normal meningkat dari 4 balita (8%) menjadi 15 balita (30%). Program PMT Lokal memberikan dampak positif terhadap perbaikan status gizi balita berdasarkan indikator BB/U.

Kata kunci: Balita, status gizi, PMT Lokal, BB/U.

ABSTRACT

“Hanilfi Urrahmi Ulya” (Description of Changes in the Nutritional Status of Toddlers in the Local Supplementary Feeding (PMT) Program at Karya Wanita Rumbai Public Health Center). Supervised by Irma Susan Paramita, S.Gz., M.Kes and Falinda Oktariani, M.Pd.

Nutritional problems among toddlers remain a concern because they can affect children's growth and development. One effort to address nutritional problems is through the Local Supplementary Feeding (PMT) Program based on local food resources. This study aimed to describe changes in the nutritional status of toddlers before and after receiving Local PMT at Karya Wanita Rumbai Public Health Center. This was a descriptive study with a retrospective approach using secondary data from the Community-Based Electronic Nutrition Recording and Reporting System (E-PPGBM) in 2025. The sample consisted of 50 toddlers who received Local PMT and were selected using the total sampling technique. The Local PMT program was implemented for 56 days (May 26–July 20, 2025). Nutritional status was assessed using the Weight-for-Age (W/A) indicator before and after the intervention. Data were analyzed using univariate analysis and presented as frequency distributions. The results showed that most toddlers were male (56%) and aged 24–35 months (46%). The initial nutritional status was predominantly underweight (78%). After receiving Local PMT, all toddlers experienced weight gain, and the number of toddlers with normal nutritional status increased from 4 (8%) to 15 (30%). The Local PMT program had a positive impact on improving the nutritional status of toddlers based on the Weight-for-Age indicator.

Keywords: Toddlers, nutritional status, Local Supplementary Feeding (PMT), Weight-for-Age (W/A).