

ABSTRAK

TASYA ATSILLAH HARIS. Gambaran Perubahan Berat Badan dan Status Gizi Balita Penerima Pemberian Makanan Tambahan Lokal Di Wilayah Puskesmas Air Molek 2025. Dibimbing Oleh Muharni, SP, M, Gizi dan Falinda Oktariani. M.Pd.

Pemberian Makanan Tambahan (PMT) lokal merupakan salah satu intervensi gizi untuk membantu mengatasi masalah gizi kurang pada balita. Penelitian ini bertujuan untuk mengetahui gambaran pelaksanaan PMT lokal, perubahan berat badan, dan status gizi balita penerima PMT lokal di wilayah kerja Puskesmas Air Molek Tahun 2025. Penelitian ini menggunakan desain deskriptif dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 35 balita gizi kurang yang menerima PMT lokal selama 56 hari dengan teknik *total sampling*. Data yang digunakan merupakan data sekunder yang diperoleh dari E-PPGBM, buku pemantauan balita, dan lembar observasi PMT lokal. Analisis data dilakukan secara deskriptif menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa sebagian besar balita memiliki kepatuhan konsumsi PMT lokal yang baik (57,1%). Sebanyak 27 balita (77,1%) mengalami kenaikan berat badan setelah menerima PMT lokal. Perbaikan status gizi terlihat pada indikator BB/TB, BB/U, dan TB/U. Dapat disimpulkan bahwa PMT lokal berkontribusi terhadap peningkatan berat badan dan perbaikan status gizi balita gizi kurang di wilayah kerja Puskesmas Air Molek.

Kata Kunci: PMT Lokal, balita, gizi kurang, berat badan, status gizi.

ABSTRACT

TASYA ATSILLAH HARIS. Description of Weight Changes and Nutritional Status of Toddlers Receiving Local Supplementary Food in the Air Molek Health Center Area 2025. Supervised by Muharni, SP, M, Nutrition and Falinda Oktariani, M.Pd.

Local Supplementary Feeding (PMT) is one of the nutritional interventions implemented to address undernutrition among toddlers. This study aimed to describe the implementation of local supplementary feeding, weight gain, and nutritional status among toddlers receiving local supplementary feeding in the working area of Air Molek Public Health Center in 2025. This study employed a descriptive design with a cross-sectional approach. The sample consisted of 35 undernourished toddlers who received local supplementary feeding for 56 days, selected using a total sampling technique. The data used were secondary data obtained from E-PPGBM records, toddler monitoring books, and local supplementary feeding observation sheets. Data were analyzed descriptively using frequency distributions and percentages. The results showed that most toddlers had good compliance with local supplementary feeding consumption (57.1%). A total of 27 toddlers (77.1%) experienced weight gain after receiving local supplementary feeding. Improvements in nutritional status were observed based on the Weight-for-Height (W/H), Weight-for-Age (W/A), and Height-for-Age (H/A) indicators. It can be concluded that local supplementary feeding contributed to weight gain and improved nutritional status among undernourished toddlers in the working area of Air Molek Public Health Center.

Keywords: Local PMT, toddlers, malnutrition, body weight, nutritional status.