

ABSTRAK

NURUL AZIZAH. Gambaran Tingkat Konsumsi Energi, Protein dan Status Gizi Ibu Hamil di Kota Pekanbaru (Data Sekunder Survei Gizi dan Kesehatan Ibu Hamil, PBL PPG 2025). Dibimbing oleh Muharni, SP, M.Gizi dan Irma Susan Paramita, S.Gz, M.Kes

Kekurangan Energi Kronis (KEK) pada ibu hamil masih menjadi salah satu masalah gizi yang dapat meningkatkan risiko gangguan kesehatan ibu dan janin. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik, tingkat konsumsi energi, tingkat konsumsi protein, dan status gizi ibu hamil di Kota Pekanbaru. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 182 ibu hamil yang dipilih menggunakan teknik *purposive sampling*. Data yang digunakan merupakan data sekunder Program Perencanaan Program Gizi (PPG) Tahun 2025. Tingkat konsumsi energi dan protein diperoleh melalui metode *food recall* 1×24 jam, sedangkan status gizi dinilai berdasarkan pengukuran Lingkar Lengan Atas (LILA). Hasil penelitian menunjukkan bahwa 103 ibu hamil (56,6%) memiliki tingkat konsumsi energi kategori kurang, 60 ibu hamil (33,0%) memiliki tingkat konsumsi protein kategori kurang, dan 21 ibu hamil (11,5%) berisiko mengalami KEK, sedangkan 161 ibu hamil (88,5%) tidak berisiko KEK. Ibu hamil disarankan meningkatkan pemenuhan kebutuhan energi dan protein sesuai Angka Kecukupan Gizi selama kehamilan untuk mencegah terjadinya KEK.

Kata kunci: Ibu Hamil, Konsumsi Energi, Konsumsi Protein, Status Gizi, KEK.

ABSTRACT

NURUL AZIZAH. An Overview of Energy and Protein Intake and Nutritional Status Among Pregnant Women in Pekanbaru (Secondary Data from the Nutrition and Health Survey of Pregnant Women, PBL PPG 2025). Supervised by Muharni, SP, M.Gizi, and Irma Susan Paramita, S.Gz, M.Kes

Chronic Energy Deficiency (CED) among pregnant women remains one of the nutritional problems that can increase the risk of health complications for both the mother and the fetus. This study aims to determine the characteristics, energy intake, protein intake, and nutritional status of pregnant women in Pekanbaru. This study employed a quantitative descriptive design with a cross-sectional approach. The study sample consisted of 182 pregnant women selected using purposive sampling. The data used were secondary data from the 2025 Nutrition Program Planning (PPG) Program. Energy and protein intake levels were obtained using the 1×24-hour food recall method, while nutritional status was assessed based on upper arm circumference (LILA) measurements. The study results showed that 103 pregnant women (56.6%) had energy intake in the “inadequate” category, 60 pregnant women (33.0%) had protein intake in the “inadequate” category, and 21 pregnant women (11.5%) were at risk of KEK, while 161 pregnant women (88.5%) were not at risk of KEK. Pregnant women are advised to increase their energy and protein intake to meet the Recommended Dietary Allowances during pregnancy to prevent KEK.

Keywords: Pregnant Women, Energy Intake, Protein Intake, Nutritional Status, KEK