Perbedaan Proporsi Kejadian Kekurangan Energi Kronis (KEK) Berdasarkan Asupan Zat Gizi Makro Dan Faktor Lainnya pada Ibu Hamil Di Wilayah Kerja Puskesmas Terpilih Di Kota Dan Kabupaten Bogor Tahun 2025

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Abstrak

Latar belakang: Prevalensi KEK Ibu Hamil di Indonesia dan beberapa daerah masih cukup tinggi dengan angka bervariasi dari 11,6 – 57,6%. Tujuan: memperoleh perbedaan proporsi kejadian KEK berdasarkan asupan zat gizi makro dan faktor lainnya pada ibu hamil di wilayah kerja puskesmas terpilih di Kota dan Kabupaten Bogor tahun 2025. Metode: cross-sectional kuantitatif menggunakan data sekunder dari penelitian utama milik Prof. Dr. Ratu Ayu Dewi Sartika, MSc., dengan 124 ibu hamil. Analisis data menggunakan uji Chi Square. Hasil: 11,3% ibu hamil di seluruh wilayah, dengan 10,9% di Kota dan 11,7% di Kabupaten yang mengalami KEK. Terdapat perbedaan proporsi kejadian KEK yang signifikan berdasarkan konsumsi lauk pauk di kota; IMT pra-hamil, anemia, dan status PMT di seluruh wilayah penelitian. Tidak terdapat perbedaan proporsi kejadian KEK yang signifikan berdasarkan asupan (energi, protein, lemak, dan karbohidrat), konsumsi lauk pauk, frekuensi makan, jarak kehamilan, paritas, kunjungan ANC, pengetahuan gizi, dan wilayah tempat tinggal. Kesimpulan: IMT pra-hamil dan anemia meningkatkan risiko KEK ibu hamil dan PMT sesuai diberikan kepada ibu KEK. Efek risiko dari konsumsi lauk pauk di wilayah kota tidak cukup kuat. Optimalisasi ANC, edukasi gizi, pemantauan status gizi sebelum hamil, hingga pencegahan dan penanggulangan anemia penting sebagai langkah pencegahan KEK pada ibu hamil. <hr /> Background: The prevalence of CED among pregnant women in Indonesia and several areas remains relatively high, ranging from 11.6% to 57.6%. Objective: To determine the differences in the proportion of CED based on macronutrient intake and other factors among pregnant women in selected public health center (Puskesmas) areas in Bogor City and Regency in 2025. Method: A quantitative cross-sectional study using secondary data from a primary research project led by Prof. Dr. Ratu Ayu Dewi Sartika, MSc., involving 124 pregnant women. Data were analyzed using the Chi-Square test. Results: CED prevalence was 11.3%, with 10.9% in City and 11.7% in Regency area. Significant differences in the proportion of CED were found based on animal-based food consumption in the city area; pre-pregnancy BMI, anemia, and nutritional supplementation (PMT) status in overall areas. No significant differences were found based on energy, protein, fat, and carbohydrate intake, animal-based food consumption, meal frequency, birth spacing, parity, ANC visits, nutrition knowledge, or residential area. Conclusion: Pre-pregnancy BMI and anemia increase the risk of CED among pregnant women, and PMT has been appropriately distributed to mothers with CED. The risk effect of animal-based food consumption in the city area was not strong enough. Optimizing ANC visits, nutrition education, pre-pregnancy nutritional status monitoring, and prevention and management of anemia are essential in preventing CED in pregnant women.