

## ABSTRAK

Nama : Humaira Wan Putri  
Program Studi : Kesehatan Masyarakat  
Judul : Hubungan Pola Konsumsi Pangan dengan Kejadian Risiko Kurang Energi Kronik (KEK) pada Ibu Hamil Trimester III di Puskesmas Cipadu Tahun 2018.

Risiko KEK dalam kaitannya dengan kesehatan reproduksi pada wanita hamil dan WUS digambarkan dengan ambang batas nilai rerata Lingkar Lengan Atas (LILA) <23,5 cm. Data *United Nations International Children's Emergency Fund* (UNICEF) pada tahun 2011 terdapat 41% perempuan hamil yang menderita KEK. Data Riskesdas tahun 2013, prevalensi risiko KEK wanita hamil usia subur (15–49 tahun) di Indonesia sebesar 23,8%. Di Provinsi Banten prevalensi risiko KEK diatas nasional (28%). Data Dinas Kesehatan Kota Tangerang diketahui bahwa ada peningkatan prevelensi ibu hamil dengan risiko KEK di Kota Tangerang yaitu dari 1.956 orang pada 2016 menjadi 2.962 orang pada tahun 2017. Di Puskesmas Cipadu besaran kejadian risiko KEK pada ibu hamil tahun 2017 sebesar 41%, dengan proporsi terbesar ibu hamil trimester III yang paling tertinggi berisiko KEK (15,5%). Penelitian ini bertujuan untuk mengetahui hubungan pola konsumsi pangan dengan kejadian risiko Kurang Energi Kronik (KEK) pada ibu hamil trimester III di Puskesmas Cipadu kota Tangerang tahun 2018. Penelitian ini menggunakan pendekatan *cross sectional*. Jumlah sampel sebanyak 50 ibu hamil diambil melalui teknik *random sampling*. Hasil uji statistik didapatkan ada hubungan antara pola konsumsi sumber karbohidrat, pola konsumsi lauk hewani, pola konsumsi lauk nabati dengan risiko Kurang Energi Kronik (KEK), tidak ada hubungan antara pola konsumsi sayur dan pola konsumsi buah dengan risiko Kurang Energi Kronik (KEK). Disarankan untuk meningkatkan penyuluhan mengenai gizi ibu hamil secara rutin, pemberian makanan tambahan di kegiatan Posyandu, meningkatkan promosi kesehatan gizi seimbang melalui media seperti poster dan *leaflet*.

Kata Kunci : Kurang Energi Kronik (KEK), Ibu Hamil, Pola Konsumsi, Sumber Karbohidrat, Lauk Hewani, Lauk Nabati, Sayur, Buah.

xv + 85 halaman; 2 bagan, 16 tabel

Pustaka : 46 (2007-2018)

## ABSTRACT

Name : Humaira Wan Putri  
Department : Public Health  
Tittle : Relation of Consumption Habit with Risk of Chronic Energy Deficiency (CED) on Trimester III Pregnant in Public Health Center of Cipadu Tangerang City at 2018

The risk of Chronic Energy Deficiency (CED) in relation to reproductive health in pregnant women and women of childbearing age is illustrated with a *mid-upper arm circumference* (MUAC) <23.5 cm. Data from the United Nations International Children's Emergency Fund (UNICEF) in 2011 found 41% of pregnant women suffering from CED. Data Riskesdas in 2013, risk prevalence KEK pregnant woman of reproductive age (15-49 years) in Indonesia equal to 23,8%. In Banten province the prevalence of CED risk over national (28%). Data from the Tangerang City Health Office revealed that there was an increase in the prevalence of pregnant women at risk of CED in Tangerang City, from 1,956 people in 2016 to 2,962 people in 2017. At Cipadu Public Health Center, the risk of CED in pregnant women in 2017 was 41%, with the highest proportion in third trimester pregnant women at risk of CED (15,5%). This study aims to determine the relationship between food consumption habit and Chronic Energy Deficiency (CED) in third trimester pregnant women at Cipadu Health Center of Tangerang city in 2018. This research use cross sectional approach. The number of samples of 50 pregnant women is taken by random sampling technique. The result of statistic test showed that there was a correlation between consumption pattern of carbohydrate source, consumption habit of animal side, consumption habit of vegetable side dish with risk of CED, no relations between consumption habit of vegetable and consumption habit of fruit with risk of CED. It is suggested to improve the counseling about nutrition of pregnant women on a regular basis, supplementary feeding in Posyandu activities, improve health promotion of balanced nutrition through media such as posters and leaflets.

Keywords : Chronic Energy Deficiency (CED), Pregnant Women Consumption habit, Source of Carbohydrates, Animal Side Dishes, Vegetable Side Dishes, Vegetables, Fruits.

xv + 85 pages; 2 charts, 16 tables

Reference : 46 (2007-2018)