

ABSTRACT

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Title : *Analysis of Differences in Nutritional Quality of Diet among Pregnant Women in Urban and Rural Areas (Analysis of SDT 2014 Secondary Data)*

Food intake and the level of nutritional adequacy of pregnant women determine the nutritional quality of diet. The results of the 2014 Total Diet Study analysis showed the level of consumption of food ingredients by type and food group had an effect on nutrient intake, the level of energy adequacy and individual protein. Adequacy of energy and protein in pregnant women needs attention, especially in rural areas. Pregnant women with a very low level of energy sufficiency (<70% AKE) in rural areas were 52.9%, while in urban areas it was 51.5%. Only 14% of pregnant women with a level of energy sufficiency $\geq 100\%$ AKE both in urban and rural areas. Pregnant women with very low levels of protein sufficiency (<80% AKP) in rural areas as much as 55.7% while in cities as much as 49.6%. The aims to determine the differences in nutritional quality diet of pregnant women in urban and rural areas based on 2014 SDT data. The research was descriptive with a cross-sectional design and using 168 pregnant women. The statistical test used were the independent t test and multiple regression analysis. The results showed that the majority of subjects had inadequate intake and nutritional quality diet of pregnant women was still lacking. Statistical tests show that there are differences in nutritional intake and quality of food consumption in urban and rural areas ($p < 0.05$). And there is a relationship between education and nutritional quality of diet in pregnant women ($p < 0.05$). To improve food quality for the community related to the local government and health workers make independent family programs to support change and increase the intake of pregnant women in both urban and rural areas.

Keywords: *intake, level of intake adequacy, quality of diet, pregnant, rural, urban*