ABSTRACT

RELATIONSHIP OF ENERGY INTAKE, PROTEIN, IRON (FE), VITAMIN C AND LEVEL OF HEMOGLOBIN (HB) PREGNANT WOMEN IN PUSKESMAS KEBON JERUK

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Background : Anemia is a condition in which oxygen-carrying red cells or in the body is not enough to meet the physiological needs. Anemia in pregnant women depend on many factors. For example, age, parity, socioeconomic and trimester of pregnancy. In addition there is iron deficiency anemia caused by poor nutrition during pregnancy and inadequate supplies when preparing for pregnancy. Basic Health Research (Riskesdas) 2018, the prevalence of anemia in pregnant women in Indonesia amounted to 48.9%.

Purpose : To know relationship intake of energy, protein, iron (Fe), vitamin C and hemoglobin (Hb) in pregnant women at health Puskesmas Kebon Jeruk.

Method : This cross-sectional study design (cross-sectional). The study population was all pregnant women in primary health care citrus orchards with a sample of 60 respondents. Data collected included frequency of intake energy, protein, iron (Fe), and vitamin C. This study data analysis using Pearson correlation at the 95% CI.

Results : Average consumption of energy intake (1764.3 ± 361.2), protein (64.0 ± 11.2), iron (Fe) (38.8 ± 27.8), vitamin C (130.1 ± 50 , 2). An association of energy intake and hemoglobin (p = 0.0001), protein (0.001) and hemoglobin concentration, intake of iron (Fe) and hemoglobin (p = 0.001), intake of Vitamin C and hemoglobin (p = 0.003).

Conclusion : The results showed that the mengonsumsi foods containing energy, protein, iron (Fe), and vitamin C are factors that affect hemoglobin levels of pregnant women.

Suggestion : For pregnant women should not need to eat a variety of food that is more to meet the needs of energy, protein, iron (Fe), Vitamin C because it is used for maintenance, growth and development of the fetus in the womb, in future studies should use the questionnaire were really structured so that it can record intake of pregnant women.

Keywords : Intake of energy, protein, iron (Fe), Vitamin C and hemoglobin levels

Reference : 82 (2004 – 2020)