

ABSTRACK

Background: Nutrition in women workers has an important role, both for welfare and in order to increase discipline and productivity. Female workers are very prone to nutritional problems because the characteristics of female workers are different from that of male workers. **Objective:** This study aims to determine the differences in nutritional knowledge, quality of food consumption, nutritional status and work productivity of female health workers (tenakes) and female non-health workers (tenakes) at RSIA Sammarie Basra, East Jakarta. **Methods:** This type of research is a quantitative study with a design *cross sectional*. The sample consisted of 31 female tenakes and 31 female non-tenakes who were taken using the two-difference test technique *mean independent*. Data collection using questionnaires, anthropometric measurements, and *food recall*. Data analysis using *Independent t-test*. **Results:** On average, the respondents' knowledge of nutrition was sufficient, the quality of food consumption needed improvement, normal nutritional status, adequate work productivity. The significant variables are; knowledge of nutrition, quality of food consumption and nutritional status, and the insignificant variable is work productivity. **Conclusion:** There are differences in nutritional knowledge, nutritional status, and quality of food consumption for women and non-tenakes women, but there is no significant difference in work productivity for women tenakes and non-tenakes women at RSIA SamMarie Basra. Based on the results of this study, it is suggested that there should be training on nutrition for workers and training to improve the skills of employees in each profession continuously. And a healthy canteen for employees should be held for long-term programs.

Keywords: *healthy eating index*, BMI, health workers