

**EVALUASI PEMBERIAN MAKANAN TAMBAHAN PADA IBU HAMIL KEK
TERHADAP LILA DI UPTD PUSKESMAS GANDRUNG MANGU II**

***EVALUATION OF SUPPLEMENTARY FEEDING FOR KEK PREGNANT WOMEN
AGAINST LILA AT UPTD PUSKESMAS GANDRUNG MANGU II***

Wahyu Indriana¹, Sohimah², Rochany S³

Universitas Al-irsyad Cilacap

Jl. Cerme no.24 sidanegara cilacap

pkm.wahyu@gmail.com

ABSTRAK

Latar Belakang: Kekurangan energi kronis atau KEK merupakan suatu keadaan di mana status gizi seseorang buruk yang disebabkan karena kurangnya konsumsi pangan sumber energi yang mengandung zat gizi makro. Kebutuhan wanita hamil akan meningkat dari biasanya dimana pertukaran dari hampir semua bahan itu terjadi sangat aktif terutama pada trimester III. Ibu hamil yang menderita KEK bisa menjadi penyebab tidak langsung kematian ibu, BBLR, dan risiko *stunting*. **Tujuan:** Penelitian bertujuan untuk mengetahui evaluasi pemberian makanan tambahan pada ibu hamil KEK terhadap LILA di Puskesmas Gandrungmangu II. **Metode:** Penelitian merupakan penelitian deskriptif kualitatif dengan data sekunder yang dianalisis dengan analisis univariat. **Hasil:** Sebelum PMT sebanyak 38 ibu hamil memiliki LILA <23,5 cm dan sesudah PMT menunjukkan sebanyak 26 ibu hamil (68,5%) dari 38 ibu hamil dinyatakan lulus KEK dengan ukuran paling tinggi 26 cm sebanyak 2 ibu hamil (5,3%). **Simpulan:** Evaluasi sebelum dan sesudah pemberian PMT menunjukkan perubahan ukuran LILA yang baik dengan rata-rata ukuran LILA sebelum PMT 17,97 cm dan sesudah PMT selama 3 bulan menjadi 30,05 cm.

Kata kunci: Kekurangan energi kronik, Ibu hamil, Pemberian makanan tambahan

ABSTRACT

Background: Chronic energy deficiency or KEK is a condition in which a person's nutritional status is poor caused by lack of consumption of food energy sources containing macronutrients. The needs of pregnant women will increase than usual where the exchange of almost all ingredients occurs very actively, especially in the III trimester. Pregnant women suffering from KEK can be an indirect cause of maternal death, low birthweight, and the risk of stunting. **Objective:** The study aims to determine the evaluation of supplementary feeding for KEK pregnant women against LILA at Puskesmas Gandrungmangu II. **Method:** Research is a qualitative descriptive research with secondary data analyzed by univariate analysis. **Results:** Before PMT as many as 38 pregnant women had LILA <23.5 cm and after PMT showed as many as 26 pregnant women (68.5%) out of 38 pregnant women were declared to have passed KEK with a maximum size of 26 cm as many as 2 pregnant women (5.3%). **Conclusion:** Evaluation before and after PMT administration showed a good change in LILA size with an average LILA size before PMT of 17.97 cm and after PMT for 3 months to 30.05 cm.

Keywords: Chronic lack of energy, Pregnant women, Supplementary feeding