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**GAMBARAN PEMBERIAN PMT LOKAL DAN BERAT
BADAN BALITA GIZI KURANG DI WILAYAH KERJA
PUSKESMAS BERANGAS KABUPATEN KOTABARU**

ABSTRAK

Latar belakang : Gizi kurang pada balita masih menjadi masalah kesehatan masyarakat di Indonesia, termasuk di wilayah kerja Puskesmas Berangas. Pemberian Makanan Tambahan (PMT) berbahan pangan lokal merupakan salah satu upaya intervensi untuk meningkatkan status gizi balita. Namun, efektivitas program ini belum sepenuhnya diketahui.

Tujuan : Mengetahui Gambaran Pemberian PMT Lokal Dan Berat Badan Balita Gizi Kurang Di Wilayah Kerja Puskesmas Berangas Kabupaten Kotabaru.

Metode : Penelitian ini menggunakan pendekatan kuantitatif dengan desain deskriptif. Sampel sebanyak 38 balita gizi kurang usia 24–59 bulan diambil dengan teknik *total sampling*. Instrumen yang digunakan adalah formulir pemantauan PMT lokal, pemantauan berat badan, dan kuesioner. Analisis data dilakukan secara univariat.

Hasil : Penelitian ini menunjukkan balita dengan kategori status gizi kurang dan status gizi normal mengkonsumsi menu PMT Lokal, dengan jumlah balita sebanyak (52,6%) yang dapat menghabiskan PMT dan jumlah balita yang tidak menghabiskan PMT sebanyak (47,4%). Sebanyak (76,3%) balita masih berada dalam kategori balita gizi kurang dan status gizi normal sebanyak (23,7%) berdasarkan BB/U.

Kesimpulan : Gambaran PMT lokal pada balita dengan usia 24-59 bulan telah habis dikonsumsi balita dengan status gizi kurang sebanyak (42,1%), adapun status gizi kurang yang tidak habis sebanyak (34,2%) dan status gizi normal yang habis sebanyak (10,5%) dan tidak habis sebanyak (13,2%) konsumsi PMT lokal.

Kata kunci : PMT lokal, Gizi Kurang, Berat Badan Balita.

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**OVERVIEW OF LOCAL PMT PROVISION AND WEIGHT
OF UNDERNUTTED TODDLERS IN THE WORK AREA OF
BERANGAS PUBLIC HEALTH CENTER, KOTABARU REGENCY**

ABSTRACT

Background : Undernutrition among toddlers remains a public health issue in Indonesia, including in the working area of the Berangas Public Health Center. The provision of supplementary feeding (PMT) using locally sourced food is one of the intervention efforts to improve the nutritional status of toddlers. However, the effectiveness of this program has not been fully evaluated.

Objective : To describe the provision of local PMT and the body weight of undernourished toddlers in the working area of the Berangas Public Health Center.

Methods : This study employed a quantitative approach with a descriptive design. A total of 38 undernourished children aged 24–59 months were selected using a total sampling technique. Data collection instruments included a local PMT monitoring form, body weight monitoring form, and a questionnaire. Data were analyzed using univariate analysis.

Results : This study shows that toddlers with malnutrition status and normal nutritional status categories consume the local PMT menu, with 52.6% of toddlers able to finish the PMT and 47.4% of toddlers not finishing the PMT. 76.3% of toddlers are still in the malnutrition category and 23.7% of normal nutritional status based on BW/U.

Conclusion : The picture of local PMT in toddlers aged 24-59 months has been consumed by toddlers with poor nutritional status as many as (42.1%), while those with poor nutritional status who have not consumed as many as (34.2%) and those with normal nutritional status who have consumed as many as (10.5%) and those who have not consumed local PMT as many as (13.2%).

Keywords : Local PMT, Undernutrition, Toddler's Weight