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**GAMBARAN STATUS GIZI IBU HAMIL KEKURANGAN ENERGI KRONIS (KEK) SETELAH PEMBERIAN MAKANAN TAMBAHAN (PMT) BERBAHAN PANGAN LOKAL DI WILAYAH UPT PUSKESMAS KALAHIEN**

**ABSTRAK**

**Latar Belakang :** Kekurangan Energi Kronis (KEK) pada ibu hamil berdampak pada kesehatan ibu, janin, serta meningkatkan risiko stunting. Di wilayah kerja UPT Puskesmas Kalahien, prevalensi KEK mencapai 27,65%. Upaya penanganan dilakukan melalui intervensi pemberian Makanan Tambahan (PMT) berbahan pangan lokal.

**Tujuan :** Menggambarkan status gizi ibu hamil KEK setelah pemberian PMT berbahan pangan lokal.

**Metode :** Penelitian kuantitatif deskriptif dengan pendekatan retrospektif. Sampel terdiri dari 10 ibu hamil KEK trimester II–III di Desa Kalahien dan Desa Penda Asam. Data diperoleh dari dokumentasi PMT serta pengukuran berat badan, Lingkar Lengan Atas (LiLA), dan hemoglobin (Hb). Analisis dilakukan secara deskriptif melalui tabulasi persentase dan rerata.

**Hasil :** Sebanyak 80% responden mengalami kenaikan berat badan  $\geq 1,5$  kg/bulan, 80% peningkatan LiLA  $\geq 23,5$  cm, dan 90% kenaikan Hb  $\geq 10,5$  g/dL.

**Simpulan :** PMT pangan lokal efektif memperbaiki status gizi ibu hamil KEK dan berpotensi mendukung pencegahan stunting sejak masa kehamilan.

**Kata Kunci:** Ibu hamil, KEK, PMT lokal, status gizi, stunting

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***NUTRITIONAL STATUS OVERVIEW OF PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY (CED) AFTER RECEIVING LOCAL FOOD-BASED SUPPLEMENTARY FEEDING (PMT) AT UPT KALAHIEN HEALTH CENTER***

**ABSTRACT**

**Background:** *Chronic Energy Deficiency (CED) in pregnant women affects maternal and fetal health and increases the risk of stunting. In the working area of UPT Kalahien Health Center, the prevalence of CED reached 27.65%. An intervention using local food-based Supplementary Feeding (PMT) was implemented.*

**Objective:** *To describe the nutritional status of pregnant women with CED after receiving local food-based PMT.*

**Method:** *A descriptive quantitative study with a retrospective approach was conducted on 10 pregnant women with CED in the 2nd–3rd trimesters from Kalahien and Penda Asam villages. Data were obtained from PMT documentation and measurements of body weight, Mid-Upper Arm Circumference (MUAC), and hemoglobin (Hb). Data were analyzed descriptively using percentage and mean tabulation.*

**Results:** *Eighty percent of respondents gained  $\geq 1.5$  kg/month, 80% increased MUAC to  $\geq 23.5$  cm, and 90% improved Hb levels to  $\geq 10.5$  g/dL.*

**Conclusion:** *Local food-based PMT effectively improved the nutritional status of pregnant women with CED and has potential to support stunting prevention during pregnancy.*

**Keywords:** *Pregnant women, CED, local PMT, nutritional status, stunting*