

## ABSTRAK

### **Pendahuluan**

Kejadian Wasting di dunia mencapai 6,6% pada tahun 2024, wasting menurunkan daya tahan tubuh dan meningkatkan risiko penyakit. PMT lokal digunakan dalam mengatasi wasting di Indonesia. Namun, bukti tentang efektivitas PMT lokal terhadap penurunan frekuensi sakit di Puskesmas masih terbatas. Penelitian ini bertujuan untuk menganalisis hubungan PMT lokal terhadap kunjungan sakit.

### **Metode**

Penelitian ini menggunakan desain kohort retrospektif pra-pasca(self-controlled), dilakukan di Puskesmas Gamping I dan Gamping II, Kabupaten Sleman, DIY. Menggunakan data sekunder dari SIMPUS dan laporan harian PMT lokal, dan dianalisis menggunakan spss. Populasi dalam penelitian ini adalah balita wasting yang mendapat PMT lokal. Pengambilan subjek dengan metode total sampling, sejumlah 138 balita. Waktu penelitian Maret 2025 hingga November 2025

### **Hasil**

Hasil penelitian menunjukkan bahwa tidak terdapat hubungan signifikan antara PMT lokal terhadap kunjungan sakit balita wasting nilai  $p = 0,125 (> 0,05)$ . Balita wasting yang menerima PMT lokal tidak menunjukkan penurunan kunjungan sakit yang bermakna.

### **Simpulan**

PMT lokal belum menunjukkan efektivitas dalam menurunkan kunjungan sakit balita wasting. Namun, PMT lokal memiliki potensi dalam meningkatkan berat badan dan memperbaiki status gizi. PMT lokal perlu disertai upaya pendukung seperti lingkungan dan sanitasi, sosio-ekonomi, dan akses layanan kesehatan yang baik.

### **Kata Kunci:**

Wasting; PMT lokal; Status gizi; Kunjungan sakit; Balita

## **ABSTRACT**

### **Introduction**

*The global incidence of wasting is expected to reach 6.6% by 2024. Wasting reduces immunity and increases the risk of disease. Locally-sourced food supplements (PMT) are used to address wasting in Indonesia. However, evidence on the effectiveness of local PMT in reducing illness frequency at community health centers (Puskesmas) is still limited. This study aims to analyze the relationship between local PMT and hospital visits.*

### **Methods**

*This study used a self-controlled, pre-post retrospective cohort design, conducted at the Gamping I and Gamping II Community Health Centers in Sleman Regency, Yogyakarta Special Region. Secondary data from SIMPUS and daily reports of local PMT were used, and analysis was carried out using SPSS. The population in this study were wasted toddlers who received local PMT. Subjects were recruited using a total sampling method, with 138 toddlers. The study period was March 2025 to November 2025.*

### **Results**

*The results showed no significant relationship between local PMT and hospital visits in wasted toddlers ( $p$ -value = 0.125 ( $>0.05$ )). Wasting toddlers receiving locally-sourced PMT did not show a significant reduction in hospital visits.*

### **Conclusion**

*Local PMT has not been shown to be effective in reducing hospital visits among wasting toddlers. However, local PMT has the potential to increase weight gain and improve nutritional status. Local PMT needs to be accompanied by supporting efforts such as environmental and sanitation, socio-economic development, and access to good health services.*

**Keywords:** *Wasting; Supplementary feeding; Local food; Illness visits; Nutritional status; Under-five children*