

HUBUNGAN KETAHANAN PANGAN RUMAH TANGGA, KADAR HEMOGLOBIN, DAN PENINGKATAN BERAT BADAN IBU HAMIL TRIMESTER III TERHADAP KEJADIAN BERAT BADAN LAHIR RENDAH (BBLR)

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INTISARI

Latar belakang: Angka kematian bayi masih tergolong tinggi. Salah satu penyebabnya adalah bayi lahir dengan berat badan lahir yang rendah (BBLR). Risiko kematian bayi akibat BBLR dapat diminimalkan dengan deteksi dini melalui pemantauan status gizi saat hamil, berupa pengukuran kadar Hemoglobin (Hb) dan pemantauan berat badan selama kehamilan. Status gizi ibu hamil sangat dipengaruhi oleh asupan makan selama hamil. Salah satu faktor yang mempengaruhi asupan makan tersebut yaitu kondisi ketahanan pangan rumah tangga.

Tujuan: Mengetahui hubungan ketahanan pangan rumah tangga, kadar Hb, dan peningkatan berat badan ibu hamil trimester III terhadap kejadian BBLR.

Metode: Merupakan penelitian dengan desain kohort prospektif selama 3 bulan yang melibatkan 99 orang responden. Pengambilan data ketahanan pangan rumah tangga menggunakan kuisioner *Household Food Security Survey Module* (HFSSM). Data kadar Hb diperoleh menggunakan instrumen HemoSmart GOLD dan peningkatan berat badan dilakukan dengan penimbangan langsung.

Hasil penelitian: Ketahanan pangan memiliki hubungan signifikan dengan kadar Hb pada awal trimester III ($p=0,008$). Ibu hamil dengan kondisi rawan pangan memiliki peningkatan anemia sebesar 1,7 kali ($CI=1,22-2,26$) dibandingkan ibu hamil dari keluarga tahan pangan. Sebaliknya, tidak terdapat hubungan antara ketahanan pangan dengan kadar Hb akhir dan peningkatan berat badan selama trimester III ($p>0,05$). Tidak ada hubungan yang signifikan antara kadar Hb dan peningkatan berat badan trimester III dengan kejadian BBLR ($p>0,05$).

Kesimpulan: Ketahanan pangan berhubungan dengan kadar Hb pada awal trimester III, namun tidak berhubungan terhadap kadar Hb akhir trimester III dan peningkatan berat badan selama trimester III. Selain itu, kadar Hb trimester III dan peningkatan berat badan trimester III tidak berhubungan dengan kejadian BBLR.

Kata kunci: ketahanan pangan, kadar Hb, ibu hamil trimester III, BBLR

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ASSOCIATION BETWEEN HOUSEHOLD FOOD SECURITY, HEMOGLOBIN LEVEL, AND GESTATIONAL WEIGHT GAIN OF THIRD TRIMESTER PREGNANT WOMEN WITH THE INCIDENCES OF LOW BIRTH WEIGHT

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ABSTRACT

Background: Neonatal death still to be major public health concern. In various studies, low birth weight have indicated can caused neonatal death. Nutrition status of pregnant women can be monitored with hemoglobin level and pregnancy weight gain during third trimester to minimize risk of neonatal death. Nutrition status of pregnant women affected by food intake. Household food security has been shown can be affect food intake of pregnant women.

Objective: To investigate the association between household food security, Hemoglobin level, and gestational weight gain of third trimester pregnant women with the incidences of low birth weight.

Methods: This study is an observational with a cohort prospective of three months design in 99 third trimester pregnant womens. Household food security measured with questionnaire, hemoglobin level collected from the third trimester pregnant women with HemoSmart GOLD, and gestational weight gain obtained from direct weighting.

Results: Household food security associated with Hb level in early third trimester ($p=0,008$ RR 1,7(95%CI 1,22-2,26), but not associated with Hb level in the end of third trimester and gestational weight gain of third trimester. Hb level and total gestational weight gain of third trimester not associated with incidences of low birth weight.

Conclusion: There is significant association between household food security with hemoglobin level of third trimester pregnant women in early third trimester, but no association between household food security with hemoglobin level on the end of third trimester and gestational weight gain on third trimester. Also there is no significant association between hemoglobin level and gestational weight gain of third trimester with the incidence of low birth weight.

Keyword: household food security, Hb level, third trimester pregnant women, low birth weight

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