

## Status gizi ibu hamil dan berat lahir bayi pada kelompok vegetarian di DKI Jakarta = Relationship between maternal nutritional status and infant birth weight of vegetarians in DKI Jakarta

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### Abstrak

Berat lahir bayi, khususnya bayi dengan berat badan lahir rendah, merupakan masalah gizi intergenerasi yang akan mempengaruhi kualitas kesehatan sepanjang daur kehidupan seorang manusia. Diet vegetarian dianggap berisiko karena konsumsi makannya yang terbatas dikhawatirkan dapat menyebabkan rawan terjadinya defisiensi zat gizi. Penelitian dengan desain retrospektif ini bertujuan mengetahui hubungan antara status gizi ibu hamil vegetarian (indeks masa tubuh/IMT prahamil dan kenaikan berat badan hamil) dengan berat lahir bayi pada kelompok vegetarian di DKI Jakarta.

Sampel adalah 85 anak berumur 1 bulan-5 tahun yang dipilih secara purposive sampling. Hasil penelitian menunjukkan bahwa rata-rata IMT prahamil sebesar 20,2 kg/m<sup>2</sup> ( $\pm 3,2$  kg/m<sup>2</sup>), kenaikan berat badan hamil 15,5 kg ( $\pm 6,4$  kg) dan berat lahir bayi 3212 g ( $\pm 417,7$  g). IMT prahamil dan kenaikan berat badan hamil berhubungan signifikan dengan berat lahir bayi vegetarian. Tidak ada hubungan antara IMT prahamil dan kenaikan berat badan hamil.

Berdasarkan analisis multivariat ditemukan bahwa variabel yang berhubungan dengan berat lahir bayi adalah IMT prahamil, asupan protein, vitamin B12, Fe, Zn, dan jenis kelamin. Disarankan agar ibu vegetarian dapat memperoleh informasi mengenai pentingnya status gizi prahamil, kenaikan berat badan hamil yang optimal, serta menjaga kecukupan asupan protein, vitamin B12, Fe dan Zn selama hamil.

*Infant's birth weight, especially low birth weight (LBW), are intergenerational issues that will affect the cycle of life. Vegetarian diets are at risk because limited food consumption could cause nutrient deficiencies. This retrospective study aims to determine the relationship between maternal nutritional status (pre-pregnancy body mass index (BMI) and weight gain during pregnancy) and infant's birth weight among vegetarians in Jakarta.*

The total sample of 85 children aged 1 month to 5 years was selected purposively. Results showed that the mean of pre-pregnancy BMI of vegetarian mothers is 20.2 kg/m<sup>2</sup> ( $\pm 2.2$  kg/m<sup>2</sup>), pregnancy weight gain is 15.5 kg ( $\pm 6.4$  kg) and infant's birth weight is 3212 gs ( $\pm 417.7$  gs). Pre-pregnancy BMI and pregnancy weight gain were significantly associated with infant's birth weight of vegetarians. There is no relationship between pre-pregnancy BMI and pregnancy weight gain.

Multivariate analysis found that pre-pregnancy BMI, protein, vitamin B12, iron, and Zn intakes and sex has relationship with infant's birth weight. It is recommended that vegetarian mothers should get information about the importance of pre-pregnancy nutrition, optimal pregnancy weight gain, and maintaining adequate intake of protein, vitamin B12, iron, and Zn during pregnancy.