Pola konsumsi dan kadar hemoglobin pada ibu hamil di Kabupaten Maros, Sulawesi Selatan / St. Fatimah, Veni Hadju, Burhanuddin Bahar, Zulkifli Abdullah

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Abstrak

Pola konsumsi telah diketahui sebagai salah satu faktor risiko dari masalah gizi pada ibu hamil. Penelitian ini bertujuan untuk menilai hubungan pola konsumsi dengan kadar hemoglobin ibu hamil. Disain penelitian adalah cross sectional dengan jumlah sampel 200 ibu hamil yang dipilih secara proportional stratified random sampling. Data dikumpulkan oleh petugas lapangan yang terlatih meliputi pola konsumsi, kadar hemoglobin, berat dan tinggi badan ibu hamil.

Analisis multivariat digunakan untuk melihat hubungan pola konsumsi dan kadar hemoglobin. Hasil penelitian menunjukkan bahwa prevalensi anemia ibu hamil sebesar 41% di mana umumnya anemia ringan dan sedang (54,9% dan 43,9%). Pola makan ibu hamil pada umumnya nasi, ikan, dan sayur-sayuran secukupnya. Sayuran dan buah sangat jarang dikonsumsi dan hanya 3-6 kali seminggu. Asupan energi dan protein hanya 59% dan 72% AKG (angka kecukupan gizi) atau 1300 kcal dan 48 gr. Umumnya vitamin hanya dikonsumsi sekitar 40% AKG kecuali untuk vitamin A (76%, 605 RE), asam folat (195%, 1170 ug), dan Vitamin B12 (142%, 3,7 ug). Analisis multivariat menunjukkan lama sekolah, status gizi lingkar lengan atas (LILA), konsumsi tablet besi, asupan vitamin C dan B6 berhubungan bermakna dengan kadar hemoglobin ibu hamil (p = 0,001; R2 = 0,24). Disimpulkan bahwa kadar hemoglobin ibu hamil berhubungan dengan pendidikan, status gizi, konsumsi tablet besi dan pola konsumsi. Diharapkan perbaikan pola konsumsi dapat dijadikan program dalam mencegah terjadinya anemia pada ibu hamil.

Food consumption pattern is known as a determinant factor for nutritional problems among pregnant mothers. This study was intended to assess food consumption and its relationship to anemia in Maros Districts, Indonesia. This study was conducted in two sub-districts and pregnant mothers was randomly selected (n = 200) and proportionally from both districts. Data was collected by train field workers including measurement of hemoglobin, height and weight, 24-hour recall and food frequency questionnaire. Multivariate analyses were performed to see the relationship between food consumption and anemia. It showed that anemia prevalence was 41% whereas mostly in mild and moderate levels (44% and 55% respectively). The most common pattern of food consumption was rice, fish, and some vegetables. However, vegetables and fruit mostly consumed only 3-6 time a week. Energy and protein intakes were only 59% to 72% recommended dietary allowance (RDA) or 1300 kcal and 48 gr respectively. Most vitamin was consumed only around 40% except for vitamin A (76%, 605 RE), folic acid (195%, 1170 ug), and Vitamin B12 (142%, 3,7 ug). However, iron and zinc intakes were only 6.1 gr (17.5% RDA) and 5.9 gr (44% RDA), respectively. Multivariate analyses showed that education duration of mothers, nutritional status, iron tablet intakes, vitamin C, and B6 consumption were significantly related to anemia of pregnant mothers in the study and accounted for 24% (p<0.05). We conclude that food consumption was relatively low and caused lack intakes for both macro and micro

nutrients of pregnant mothers in the

study. Education and nutritional status of the mothers contributed also to the anemia prevalence.