Status besi ibu hamil trimester 1 berdasarkan beberapa biomarka darah dan hubungannya dengan asupan zat besi = Iron status of pregnant women in 1st trimester based on blood biomarkers and its relation with iron dietary intake

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Abstrak

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Defisiensi besi menganggu proses eritropoiesis sehingga dapat berlanjut menjadi anemia defisiensi besi. Defisiensi besi dan anemia didefinisikan berdasarkan indikator status besi, berupa parameter hematologi dan biomarka darah, yaitu hemoglobin, hematokrit, ferritin, MCV, MCH, MCHC, dan retikulosit. Salah satu faktor penyebab terjadinya defisiensi besi pada ibu hamil adalah kurangnya asupan zat besi. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan zat besi dan status besi ibu hamil trimester 1 yang diukur melalui kadar hemoglobin, hematokrit, ferritin, MCV, MCH, MCHC, dan retikulosit. Rancangan penelitian adalah potong-lintang pada trimester 1 kehamilan. Asupan zat besi diukur menggunakan metode food frequency questionnaire dan 24 hour recall. Uji korelasi Spearman digunakan untuk mengetahui hubungan kedua variabel. Terdapat 120 sampel ibu hamil, 53,3 berpendidikan tinggi, 58,3 bekerja, dan median usia 28 tahun. Nilai median asupan zat besi pada seluruh sampel adalah 10,64 mg. Sebanyak 86,67 sampel tidak memenuhi kecukupan asupan zat besi pada ibu hamil trimester 1 berdasarkan AKG 26 mg/hari. Sebanyak 8,33 sampel mengalami anemia Hb0,05 . Disimpulkan bahwa tidak terdapat hubungan antara asupan zat besi dan status besi ibu hamil pada trimester 1.

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ABSTRACT

Iron deficiency disrupts erythropoiesis process that leads to iron deficiency anemia. Iron deficiency and anemia are defined by iron status indicator, in the form of hematological parameters and blood biomarkers, such as hemoglobin, hematocrite, ferritin, MCV, MCH, MCHC, and reticulocyte count. One of the factors causing iron deficiency in pregnant women is inadequate iron intake. This research aims to assess the relationship between iron dietary intake and iron status of pregnant women in 1st trimester. Iron status is measured by the value of hemoglobin, hematocrite, ferritin, MCV, MCH, MCHC, and reticulocyte. This research implemented a cross sectional design during the 1st trimester of pregnancy. Iron dietary intake was assessed by food frequency questionnaire and 24 hour recall. Spearman correlation analysis was used to identify the relationship between the two variables. There were 120 samples of pregnant women, 53.3 were high educated, 58.3 were employed, with the age median of 28 years old. The median of iron dietary intake is 10.64 mg, with 86.67 of samples did not meet the Recommended Dietary Allowance of 26 mg. There were 8,33 of pregnant women with anemia Hb0.05 . It was concluded that iron dietary intake is not related to iron status of pregnant women in 1st trimester.