

Abstrack

Malnutrition during pregnancy has adverse effects on the weight of the baby born, even in children and adolescents. Malnutrition in the newborn stage has consequences, which continue into the adult phase. Especially deficiencies in energy, vitamin A, Zn and Fe are frequent in infancy and childhood infections and are generally prolonged. The purpose of this study was to determine the relationship between nutritional status and the incidence of pregnancy anemia at the Brondong Health Center in 2022.

This type of research is analytic observational with cross sectional study design. Carried out at the Brondong Health Center in 2022. The study population was 46 respondents, with a sample size of 41 respondents according to the inclusion criteria. Sampling technique with simple random sampling. The research instrument was the data from the LILA examination by the researcher and the Hb examination by the laboratory staff of the Brondong Health Center. Univariate analysis, bivariate with chi square.

Based on the test results using the Chi Square test and using the SPSS 26.0 program. The results showed a P-value ($0.009 < 0.05$), so H1 was accepted, meaning that there was a relationship between nutritional status and the incidence of anemia. The results of most of the 7 respondents who had a nutritional status of SEZ experienced anemia and only 1 respondent with a nutritional status of SEZ with no anemia, while most of the 21 respondents who had a nutritional status of not SEZ with no anemia and 12 respondents with a nutritional status of not SEZ with anemia.

It is necessary to approach pregnant women and their spouses / families about education on how to meet the nutritional status of pregnant women and provide the correct way to consume Fe tablets to the community, especially pregnant women in order to reduce the incidence of anemia.

Keywords: nutritional status, anemia, pregnant women