

ABSTRACT

Mahdafikia Fadilah Insani Fitri, 2024. Differences in Diet, Nutritional Status, TTD Consumption Status in Anemic and Non-Anemic Pregnant Women in the Krembung Village Area, Sidoarjo, East Java. Undergraduate Study Program in Applied Nutrition and Dietetics, Department of Nutrition, Poltekkes Kemenkes Malang. Supervisors: I Nengah Tanu Komalyna and Juin Hadisuyitno.

Background: The prevalence of anemia in pregnant women in East Java is on average 5.8% and this is still below the national target of 28% (RPJMN 2015-2019). Anemia in pregnant women is influenced by several factors including diet, nutritional status, and consumption status of TTD (Blood Addition Tablets).

Purposes: This study aims to determine differences in diet, consumption status of TTD (Blood Addition Tablets), nutritional status in anemic pregnant women and non-anemic pregnant women. **Method:** This research used an observational type of research with a case control design which was conducted in January 2024 in Ds Krembung, Sidoarjo, East Java with a sample of 20 pregnant women. The data collected is data on the eating patterns of pregnant women, data on the nutritional status of pregnant women, and data on the frequency of TTD consumption.

Results: Pregnant women who experience anemia have a diet with less diversity (40%) compared to pregnant women who do not experience anemia (35%), pregnant women who experience anemia have a nutritional status that is at risk of CED (35%) compared to pregnant women who do not experience anemia (30%), pregnant women who experience anemia have less compliance with TTD consumption (40%) compared to pregnant women who do not experience anemia (30%). **Conclusion:** There is a significant difference between the diet of anemic pregnant women and non-anemic pregnant women ($p=0.000$), there is a significant difference between the nutritional status of anemic pregnant women and non-anemic pregnant women (0.028), and there is a significant difference between consumption status. TTD in anemic pregnant women and non-anemic pregnant women (0.007). **Suggestion:** Based on the research results, there needs to be guidance from health workers to pregnant women regarding the appropriate frequency and type of food to consume. There needs to be an obligation for pregnant women to consume blood supplement tablets regularly for 90 days.

Keywords: Pregnant women, diet, nutritional status, TTD consumpt