

## ABSTRACT

**Amalia, Lusi, Ifadha. 2024.** The Relationship between Iron Intake and Hemoglobin Levels in Pregnant Women in the Working Area of the Turen Health Center. Thesis. Applied Undergraduate Study Program in Midwifery, Malang, Health Polytechnic, Ministry of Health, Malang. Main Supervisor: Dr. Annasari Mustafa, SKM, M.Sc,RD. Accompanying Supervisor: Lisa Purbawaning W, SKM., M.Keb.

Anemia in pregnancy is one of the most common and widespread global health problems affecting 56 million pregnant women worldwide, two-thirds of whom are in Asia. In pregnancy, anemia occurs relatively because pregnant women experience hemodilution (dilution) with an increase in volume of 30% to 40%, which peaks at 32 to 34 weeks of pregnancy. Anemia in pregnant women can increase the risk of premature birth, maternal and child death, and infectious diseases. Prevention of anemia in pregnant women can be done by increasing iron consumption from food. This study aims to identify the relationship between iron intake and hemoglobin levels in pregnant women. The research design used is correlation analysis with a *cross-sectional* approach. The population in this study is all pregnant women in the third trimester in the Turen Health Center Working Area recorded in the register as of May 2024. The sample in this study was 40 respondents who met the inclusion criteria. Sampling with *total sampling* technique. The instruments used are a *2x24-hour* food recall questionnaire and an *easy touch GCHb* tool. The data obtained were analyzed using the *Pearson statistical test* with a degree of significance (0.05). The results of data processing showed that the majority of respondents (82.5%) were between 21-35 years old. The majority of respondents (47.5%) have high school education status. All respondents in this study had gestational age in the third trimester and the majority of respondents (57.5%) did not take Fe tablets. The results of the bivariate analysis showed a *p-value* of 0.03, meaning a *p-value* of  $<0.05$ , which means that there was a meaningful relationship between iron intake and hemoglobin levels in pregnant women. Pregnant women whose iron intake is below the need have a hemoglobin level of 11 g/dL which is categorized as anemia. The promotive effort to minimize the lack of iron intake is by providing health education about nutritional intake to pregnant women and checking hemoglobin levels periodically for 1 month.

**Keywords: Iron Intake, Hemoglobin Levels**