

*DESCRIPTION OF THE DIETARY PATTERNS OF MOTHERS WITH
TODDLERS WHO HAVE A HISTORY OF ANEMIA AND LOW
BIRTH WEIGHT (LBW) IN BATU DISTRICT, JUNREJO
DISTRICT, AND BUMIAJI DISTRICT.*

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ABSTRACT

Background: *Pregnancy anemia is a common health problem that can harm the mother and baby in the womb. Anemia results in an increased risk of complications during pregnancy, childbirth, and postpartum. According to the Indonesian Ministry of Health in 2019, the incidence of anemia or iron deficiency among pregnant women in Indonesia was 48.9%. Based on data from the Batu City Health Office in 2023, the number of low birth weight (LBW) babies in the Bumiaji Community Health Center working area was 33.3% (73 babies).* ***Research Objective:*** *To determine the description of the diet of mothers of toddlers with a history of anemia and low birth weight in Batu City. This study used qualitative methods. The research targets were 7 mothers of toddlers with a history of anemia during pregnancy and low birth weight in Batu City.* ***Method:*** *Data were collected through structured interviews using questionnaires and FFQ (Food Frequency Questionnaire) forms presented in descriptive and tabular form.* ***Research Result:*** *The results showed that out of 7 mothers of toddlers with a diverse diet, 3 mothers of toddlers (42.86%) and 4 mothers of toddlers (57.14%) had a less diverse diet.* ***Conclusion:*** *Mothers of toddlers with a history of anemia during pregnancy and low birth weight in Batu City are mostly in the mild anemia category, and the description of the diet of mothers of toddlers with a history of anemia during pregnancy and low birth weight in Batu City is mostly in the less diverse category.*

Keywords: *Mother of toddlers, Diet, Anemia, BBLR*