CHANGES IN WEIGHT AND UPPER ARM CIRCUMFERENCE OF PREGNANT WOMEN WITH KEK WHO RECEIVED LOCAL PMT CASE STUDY IN BELUNG VILLAGE, PONCOKUSUMO DISTRICT, MALANG REGENCY

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ABSTRACT

Background: Chronic Energy Deficiency (CED) in pregnant women is one of the nutritional problems that is still the focus of attention in Indonesia, with a prevalence of 17.3% based on the 2018 Basic Health Research (Riskesdas). CED in pregnant women can affect maternal and fetal health, increasing the risk of complications such as spontaneous abortion, fetal death, low birth weight and impaired physical and brain growth of the fetus. Direct causative factors of CED include inadequate nutrient intake, unbalanced diet, and disease factors, as well as socioeconomic factors such as family income and maternal knowledge. One of the interventions to tackle PMT is supplementary feeding, which is designed to increase the energy and protein intake of pregnant women. **Methods**: The type of research used was a case study by systematically collecting data on PMT consumption of pregnant women with PMT in Belung village and changes in body weight and upper arm circumference (LiLA) after the intervention. **Results**: There were 5 pregnant women with different educational backgrounds and ages. The menu cycle and PMT consumption compliance of pregnant women can affect changes in body weight and upper arm circumference (LiLA) of pregnant women. **Conclusion**: The menu cycle of the PMT program that is consumed can affect changes in body weight and upper arm circumference (LiLA) of pregnant women with CED even though not all menus are consumed.

Keywords: Pregnant women with chronic energy disease, supplementary feeding(PMT), menu, upper arm circumference (LiLA), weight