

Hubungan Ketahanan Pangan Rumah Tangga dan Kualitas Diet dengan Status Gizi Ibu Hamil

Mutiara Putri Arasy¹, Fillah Fithra Dieny¹, Hartanti Sandi Wijayanti¹, Mursid Tri Susilo¹

ABSTRAK

Latar Belakang: Sudah banyak faktor yang diketahui memengaruhi status gizi ibu hamil, tetapi ketahanan pangan rumah tangga dan kualitas diet masih jarang diteliti di Indonesia.

Tujuan: Penelitian ini bertujuan untuk mengkaji hubungan antara ketahanan pangan rumah tangga dan kualitas diet dengan status gizi ibu hamil.

Metode: Penelitian menggunakan desain *cross-sectional* dengan 52 subjek ibu hamil yang dipilih menggunakan *Two Stage Cluster Random Sampling* dari wilayah Puskesmas Bandarharjo Kota Semarang. Status gizi dievaluasi menggunakan lingkaran lengan atas (LiLA) dan kenaikan berat badan selama kehamilan. Ketahanan pangan dan kualitas diet diukur menggunakan *Household Food Insecurity Access Scale* (HFIAS) dan *Indonesian Adapted Alternate Healthy Eating Index for Pregnancy* (AHEI-P *adapted*). Analisis statistik menggunakan uji chi-square, regresi logistik biner, dan regresi logistik multinomial.

Hasil: 25% subjek memiliki LiLA berisiko KEK, 44,2% dan 32,7% memiliki kenaikan berat badan kurang dan lebih dari rekomendasi. Rawan pangan ringan terjadi pada 50% subjek dan 34,6% memiliki kualitas diet buruk. Setelah dikontrol oleh faktor perancu, ketahanan pangan tidak signifikan berhubungan dengan LiLA maupun kenaikan berat badan selama kehamilan ($p > 0,05$). Sementara, kualitas diet baik secara signifikan berhubungan dengan risiko kenaikan berat badan kurang yang lebih rendah (AOR=0,06; 95%CI:0,01–0,59).

Simpulan: Ketahanan pangan tidak berhubungan signifikan dengan status gizi ibu hamil, sementara kualitas diet berhubungan signifikan.

Kata Kunci: kehamilan, ketahanan pangan, kualitas diet, LiLA, kenaikan berat badan

¹Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

The Association of Household Food Security and Diet Quality with Nutritional Status of Pregnant Woman

Mutiara Putri Arasy¹, Fillah Fithra Dieny¹, Hartanti Sandi Wijayanti¹, Mursid Tri Susilo¹

ABSTRACT

Background: Although many studies have explored factors that influence maternal nutritional status, household food security and diet quality are underexplored in Indonesia.

Objective: To investigate how household food security and diet quality relate to maternal nutritional status.

Methods: This cross-sectional study assessed 52 pregnant women selected through Two Stage Cluster Random Sampling from the Bandarharjo Health Center area, Semarang City. Nutritional status was evaluated by measuring mid upper arm circumference (MUAC) and gestational weight gain (GWG) to date. Food security and diet quality were measured using The Household Food Insecurity Access Scale (HFIAS) and the Indonesian Adapted Alternate Healthy Eating Index for Pregnancy (AHEI-P). Statistical analysis were tested using chi-square, binary and multinomial logistic regression.

Results: 25% of subjects at risk have poor nutritional status based on MUAC. Inadequate and excessive GWG were seen in 44.2% and 32.7% of pregnant women, respectively. Mild HFI impacted 50% of women, with 34.6% having low diet quality. After adjustment, food security was not associated with MUAC or GWG ($p>0,05$). Meanwhile, higher diet quality was significantly associated with a lower risk of insufficient GWG (AOR=0,06; 95%CI:0,01–0,59).

Conclusion: Food security was not significantly related to the maternal nutritional status, while diet quality was significantly related.

Keywords: pregnancy, food security, diet quality, MUAC, gestational weight gain

¹Nutrition Science Department, Medical Faculty of Diponegoro University, Semarang