

Pengaruh Pemberian Makanan Bergizi “Pak Canting” terhadap Perubahan Status Gizi Baduta Stunting di Kota Pekalongan

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ABSTRAK

Latar belakang: Kota Pekalongan menjadi satu-satunya wilayah perkotaan yang masuk dalam 10 besar angka stunting tertinggi di Jawa Tengah. Pemerintah Kota Pekalongan menargetkan angka stunting dapat ditekan menjadi 12% pada 2024 salah satunya melalui program pemberian makanan bergizi atau makan siang “Pak Canting”.

Tujuan: Menganalisis pengaruh program pemberian makanan bergizi “Pak Canting” terhadap perubahan status gizi baduta stunting di Kota Pekalongan.

Metode: Quasi experimental desain *pretest-posttest with control group* sebanyak 42 baduta stunting dengan rasio intervensi dan kontrol 2:1. Kelompok intervensi diberi intervensi makanan bergizi selama 60 hari pada waktu makan siang. Variabel bebas pemberian makanan bergizi dan variabel terikat perubahan status gizi (PB/U dan BB/PB). Variabel perancu asupan gizi, riwayat infeksi, BB lahir, PB lahir, riwayat ASI eksklusif, ASI lanjutan, pendidikan dan pendapatan keluarga.

Hasil: Perubahan status gizi *pre-post* pada kelompok intervensi dan kelompok kontrol signifikan. Terdapat perbedaan pada perubahan status gizi antara kelompok intervensi dan kelompok kontrol ($p < 0,001$). Ada perbedaan asupan energi, karbohidrat, protein, kalsium, zat besi, magnesium, fosfor, dan zinc antara kedua kelompok pada asupan makan siang. Tidak terdapat perbedaan signifikan pada variabel perancu, kecuali tingkat pendapatan keluarga ($p = 0,047$).

Simpulan: Terdapat pengaruh program pemberian makanan bergizi “Pak Canting” terhadap perubahan status gizi baduta stunting. Terjadi peningkatan status gizi PB/U dan BB/PB yang signifikan pada kelompok intervensi setelah 60 hari pemberian intervensi.

Kata kunci: stunting, baduta, intervensi pemberian makan, perubahan status gizi, makan siang

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Effect of “Pak Canting” Food Intervention on Improvement of Stunted Toddlers’ Nutrition Status in Pekalongan

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ABSTRACT

Background: Pekalongan City was in 10th position and was the only urban area in the top 10 highest stunting prevalences in Central Java. The local government is targeting a reduction in prevalence of up to 12% by 2024, one of which is through the “Pak Canting” food intervention program during lunch.

Objective: To analyze the effect of “Pak Canting” food intervention on improvement of stunted toddlers’ nutrition status in Pekalongan.

Methods: Quasi experimental pretest-posttest with control group design of 42 stunted toddlers with intervention and control ratio 2:1. The intervention group received food intervention for 60 days at lunch time. Independent variable was food intervention and dependent variable was improvement of nutrition status (HAZ and WHZ). Confounding variables were birth weight, birth length, exclusive breastfeeding, continued breastfeeding, infectious disease history, parents’ education level, family income, and nutrition intake.

Results: Changes in pre-post nutritional status in the intervention group and control group were significant. There were differences in changes in nutritional status between the intervention group and the control group ($p < 0.001$). Analysis of lunch intake showed that there were differences in energy, carbohydrate, protein, calcium, iron, magnesium, phosphorus and zinc intake between the intervention and control groups. There were no significant differences in confounding variables, in exception for family income level ($p = 0.047$).

Conclusions: There was effect of “Pak Canting” food intervention on improvement of stunted toddlers’ nutrition status in Pekalongan. There were significant increase in status of HAZ and WHZ after 60 days of intervention.

Keywords: stunting, toddlers, food intervention, nutritional status, lunch

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