

**RELATIONS MEETING WITH ENERGY AND PROTEIN
MEASUREMENT LILA and WEIGHT GAIN IN PREGNANT WOMEN IN
PUSKESMAS PIYUNGAN**

ABSTRACT

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Background: Nutrition problems caused at least 10.4 million children die of efforts aimed at preventing malnutrition is to meet energy and protein. Because energy and protein is very important especially for pregnant women because they affect the measurement of changes in body weight and LILA.

Purpose: To fulfillment of energy and protein intake measured by LILA and weight gain in pregnant women at health centers Piyungan

Methods: This type of observational study is a cross sectional approach. The population in this study were pregnant women who live in the region of Bantul Piyungan health center. The sampling method used was *accidental sampling*. Number of samples used were as many as 30 pregnant women.

Results: The majority LILA > 23,5 cm in the amount of 80% and the results of measurements of weight most pregnant women have a weight is equal to 73.3%. While the majority of energy sufficiency rate is the number 22 (60.7%) of respondents rate the adequacy of protein and numbered 21 (70%). The table cross-compliance with the energy intake measurement results obtained Lila P value = 0.001, protein obtained by LILA P = 0.002 and the value of energy and protein to be obtained the results of measurements of weight P = 0.000.

Conclusion: There is a significant relationship between the fulfillment of energy and protein intake measured by LILA and weight gain in pregnant women at health centers Piyungan.

Key words: ANC, LBW

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