



UNIVERSITAS ANDALAS

**ANALISIS PELAKSANAAN PROGRAM PEMBERIAN MAKANAN
TAMBAHAN LOKAL PADA IBU HAMIL KEK DI WILAYAH
KERJA PUSKESMAS LUBUK KILANGAN
KOTA PADANG
TAHUN 2025**

Oleh :

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**Diajukan Sebagai Pemenuhan Syarat Untuk Mendapatkan
Gelar Sarjana Gizi**

FAKULTAS KESEHATAN MASYARAKAT

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xiii + 207 halaman + 30 tabel + 4 gambar + 14 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk menganalisis pelaksanaan program PMT lokal pada ibu hamil KEK di wilayah kerja Puskesmas Lubuk Kilangan Kota Padang Tahun 2025 ditinjau dari aspek input, proses, dan output.

Metode

Penelitian ini menggunakan metode kualitatif. Informan penelitian terdiri dari Ahli Gizi Dinas Kesehatan Kota Padang, Kepala Puskesmas, Ahli Gizi Puskesmas, Kader, serta Ibu hamil KEK. Pengumpulan data dilakukan melalui wawancara mendalam, *Focus Group Discussion* (FGD), observasi, dan telaah dokumen. Analisis data dilakukan dengan menggunakan triangulasi sumber, teknik, dan waktu.

Hasil

Pada aspek *input*, kebijakan program PMT lokal telah tersedia sebagai dasar pelaksanaan kegiatan. Kompetensi sumber daya manusia tergolong baik namun jumlahnya masih terbatas. Pendanaan berasal dari BOK meskipun tidak cukup. Sarana dan prasarana layak digunakan. Serta metode konseling dan edukasi gizi. Pada aspek proses, perencanaan, persiapan dan pelaksanaan, monitoring dan evaluasi, serta pencatatan dan pelaporan sebagian besar telah dilaksanakan sesuai pedoman. Pada aspek *output*, cakupan ibu hamil KEK yang mengonsumsi PMT lokal telah mencapai target, serta terdapat peningkatan status gizi yang ditandai dengan peningkatan berat badan dan Lingkar Lengan Atas (LILA).

Kesimpulan

Pelaksanaan program PMT lokal pada ibu hamil KEK di wilayah kerja Puskesmas Lubuk Kilangan telah berjalan cukup baik, Mengingat kegiatan penyuluhan belum dilaksanakan, dapat dilakukan melalui integrasi lintas bidang, seperti memanfaatkan kegiatan program lain yang sudah berjalan misalnya kelas ibu hamil, sehingga penyampaian pesan gizi tetap terlaksana tanpa menambah beban sumber daya manusia. Penyusunan pedoman perencanaan, serta adanya kartu kontrol pemantauan konsumsi makanan tambahan (MT).

Daftar Pustaka : 59 (2010 – 2025)

Kata kunci : Gizi, Ibu hamil, KEK, PMT lokal

**FACULTY OF PUBLIC HEALTH
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ANALYSIS OF THE IMPLEMENTATION OF THE LOCAL SUPPLEMENTARY FEEDING PROGRAM FOR PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY (CED) IN THE WORKING AREA OF LUBUK KILANGAN COMMUNITY HEALTH CENTER, PADANG CITY, 2025.

xiii + 207 pages + 30 Tables + 4 pictures + 14 appendices

ABSTRACT

Objective

This study aimed to analyze the implementation of the local food-based supplementary feeding program for pregnant women with CED in the working area of Lubuk Kilangan Public Health Center, Padang City in 2025, reviewed from the aspects of input, process, and output.

Methods

This study used a qualitative method. The research informants consisted of a nutritionist from the Padang City Health Office, the head of the public health center, a nutritionist at the public health center, cadres, and pregnant women with CED. Data collection was conducted through in-depth interviews, *Focus Group Discussion* (FGD), observations, and document review. Data analysis was carried out using triangulation of sources, techniques, and time.

Results

From the input aspect, policies related to the local supplementary feeding program were available as the basis for program implementation. Human resources has good competence, although their number was still limited. Program funding was sourced from the Health Operational Assistance (BOK), although it was still insufficient. Facilities and infrastructure were still adequate, and the implementation methods included nutrition counseling and education. From the process aspect, planning, preparation and implementation, monitoring and evaluation, as well as recording and reporting were mostly carried out according to the guidelines. From the output aspect, the coverage of pregnant women with CED who consumed local PMT had reached the target, and there was an improvement in nutritional status indicated by an increase in body weight and Mid-Upper Arm Circumference (MUAC)

Conclusion

The implementation of the local supplementary feeding (PMT) program for pregnant women with chronic energy deficiency (CED) in the working area of Lubuk Kilangan Public Health Center has been running fairly well. However, considering that counseling activities have not yet been implemented, they can be carried out through cross-sectoral integration, such as utilizing existing programs like maternal classes, so that nutrition education can still be delivered without adding to the burden on human resources. Additionally, the development of planning guidelines and the use of monitoring cards for tracking the consumption of supplementary foods (MT) are recommended.

Reference : 59 (2010-2025)

Keywords : Nutrition, Pregnant Women, Chronic Energy Deficiency, Local Supplementary Feeding

