GAMBARAN TINGKAT KONSUMSI ZAT GIZI PADA BALITA *STUNTING* USIA 6- 59 BULAN DI DESA PRINGU WILAYAH KERJA PUSKESMAS BULULAWANG

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ABSTRAK

Latar Belakang: Stunting, atau perawakan pendek, merupakan masalah kesehatan yang signifikan di Indonesia, dengan dampak yang luas terhadap pertumbuhan fisik dan perkembangan kognitif anak. Indonesia memiliki prevalensi yang tinggi, mencapai 21,6% pada tahun 2022. Di Kabupaten Malang, prevalensi stunting juga tergolong tinggi, dengan angka 23% pada tahun 2022. Prevalensi stunting di Kecamatan Bululawang sebesar 21,1% pada bulan Februari 2023. Desa pringu memiliki prevalensi stunting sebesar 16,2% yakni 18 anak dari 292 anak mengalami stunting. Upaya penanganan stunting di Indonesia dilakukan melalui Gerakan Nasional Percepatan Perbaikan Gizi dalam Seribu Hari Pertama Kehidupan (Gerakan 1000 HPK). Penelitian menunjukkan bahwa asupan zat gizi makro dan mikro yang tidak adekuat berkontribusi signifikan terhadap kejadian stunting.**Tujuan Penelitian:** Menganalisis gambaran tingkat konsumsi zat gizi pada balita stunting usia 6-59 bulan di Desa Pringu wilayah kerja Puskesmas Bululawang**. Metode penelitian:** Penelitian ini menggunakan metode observasional dengan recall 2x24 jam. Penelitian dilaksanakan bulan Januari 2025. Populasi penelitian ini adalah balita *stunting* usia 6-59 bulan di desa Pringu wilayah kerja puskesmas Bululawang. Sampel dengan jumlah 16 balita stunting. Analisis data disajikan secara deskriptif. **Hasil Penelitian:** Balita stunting di Pringu mayoritas mengalami defisit energi, karbohidrat, lemak, kalsium, vitamin D, dan zat besi, dengan faktor ekonomi sebagai penyebab utama. Meskipun asupan protein cukup, kekurangan gizi lainnya tetap berkontribusi pada stunting. Kurangnya variasi makanan dan rendahnya daya beli keluarga memperburuk kondisi ini. **Kesimpulan:** Rata- rata balita *stunting* Pringu memiliki energi, karbohidrat, lemak, kalsium, vitamin D, dan zat besi yang defisit

Kata Kunci: Stunting, Tingkat konsumsi,zat gizi makro, zat gizi mikro

DESCRIPTION OF NUTRITIONAL CONSUMPTION LEVELS IN STUNTING TODDLER AGES 6-59 MONTHS IN PRINGU VILLAGE, BULULAWANG HEALTH CENTER WORKING AREA

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ABSTRACT

Background: Stunting, or short stature, is a significant health problem in Indonesia, with far-reaching impacts on children's physical growth and cognitive development. Indonesia has a high prevalence, reaching 21.6% by 2022. In Malang District, the prevalence of stunting is also high, with 23% by 2022. The prevalence of stunting in Bululawang sub-district was 21.1% in February 2023. Pringu village has a stunting prevalence of 16.2%, with 18 out of 292 children experiencing stunting. Efforts to address stunting in Indonesia are carried out through the National Movement for the Acceleration of Nutrition Improvement in the First Thousand Days of Life (1000 HPK Movement). Research shows that inadequate macronutrient and micronutrient intake contributes significantly to the incidence of stunting. **Research Objective**: Analyzing the description of the level of nutrient consumption in stunted toddlers aged 6-59 months in Pringu Village, Bululawang Health Center working area.. **Methods**: This study used an observational method with a 2x24 hour recall. The study was conducted in January 2025. The population of this study was stunted toddlers aged 6-59 months in Pringu village, Bululawang health center working area. Sampels with a total of 16 stunted toddlers. Data analysis is presented descriptively. **Research Results**: The majority of stunted toddlers in Pringu experienced deficits in energy, carbohydrates, fat, calcium, vitamin D, and iron, with economic factors as the main cause. Despite adequate protein intake, other nutrient deficiencies still contributed to stunting. Lack of dietary variety and low family purchasing power exacerbate this condition. **Conclusion**: The average stunted toddler in Pringu had deficits in energy, carbohydrate, fat, calcium, vitamin D, and iron

Keywords: Stunting, consumption level, macronutrients, micronutrients