



The Effect Of Giving Supplemental Food To Pregnant Women With Chronic Energy Deficiency

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Abstract. Chronic Energy Deficiency (CED) is a condition of imbalance in the nutritional intake of energy and protein needed by pregnant women. The impact of CED in pregnancy has an indirect risk of death. To prevent CED in pregnant women, the Supplementary Feeding Program (SFP) is implemented. The aim was to determine the effect of SFP on CED in pregnant women. The sample size was 30 respondents. Data collection used the LILA tape to measure the upper arm circumference (LILA) of pregnant women and observation sheet for SFP. The type of research used a non-equivalent quasi-experiment with a quantitative approach and a one group pretest-posttest design. Data analysis used the Wilcoxon statistical test. The results showed changes in the size of the Upper Arm Circumference (LILA) in respondents before and after the intervention. As many as 100% of respondents in the pretest had LILA <23.5, whereas after the intervention, the percentage of respondents with LILA <23.5 decreased to 40% and 60% of respondents had LILA >23.5 and there was a significant difference in the size of LILA before and after intervention, with a p-value of 0.000. The conclusion is that there is an effect of giving SFP to pregnant women with CED.

Keywords: Supplementary Feeding Program, Pregnant Women, CED