

LOCAL BASED SUPPLEMENTARY FOOD TO INCREASE HEMOGLOBIN AMONG PREGNANT WOMEN IN PALANGKARAYA, CENTRAL KALIMANTAN

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ABSTRACT

Background: *Stenochlaena palustris* (kelakai) is one of the medicinal plants that has been used by Dayak ethnic society as an alternative medicine to treat anemia. An earlier study showed that kelakai extract is associated with an increase in white rat's hemoglobin (Hb) level. The purpose of this study was to determine the effect of a local based supplementary food on increasing Hb among pregnant women in Central Kalimantan.

Subjects and Method: This was a quasi-experiment conducted in Palangkaraya, Central Kalimantan. A sample of 71 pregnant women was selected for this study and divided into two groups: 29 in the kelakai group and 42 in the control group. The dependent variable was Hb level. The independent variable was local based supplementary food with kelakai. The data were analyzed by t-test.

Results: Boiling kelakai vegetable yielded 0.075mg/kg Fe in one minute and 0.036 mg/kg in five minutes. Raw kelakai leaf contained 0.384mg/kg Fe. Pregnant women who consumed kelakai (mean= 10.3; SD= 0.88 g/dl) had higher Hb level than those who did not consume kelakai (mean= 9.6; SD= 0.84 g/dl). Pregnant women had higher Hb level after consumption of local based supplementary food (mean=10.32; SD=0.88 g/dl) than before consumption (mean=9.63; SD=1.01 g/dl).

Conclusion: Consumption of local based supplementary food is effective to increase hemoglobin level among pregnant women.

Keywords: kelakai, supplementary food, pregnant, anemia.

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