EFFECT OF PREGNANT MOTHER NUTRITION MONITORING CARD ON NUTRITIONAL STATUS AND BIRTH WEIGHT IN MALANG, EAST JAVA

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ABSTRACT

Background: Mothers' nutritional status is the most important determinant of newborn children's birth weight. Poor maternal nutritional status has been related to adverse birth outcomes including preterm delivery, low birth weight, restricted foetal growth, and which can have lifelong consequences for development, quality of life and healthcare costs. This study aimed to analyze the effect of pregnant mother nutrition monitoring card on nutritional status and birth weight in Malang, East Java.

Subjects and Method: This was a pre-test and post-test quasi experiment conducted in Ngenep village, Karangploso subdistrict, Malang, East Java, from March to June 2018. A total sample of 19 pregnant women in third trimester was selected for this study. The dependent variable were food consumption, middle upper arm circumference (MUAC), and birth weight. The independent variable was pregnant mother nutrition monitoring card. The data were collected by questionnaire.

Results: 12 of 19 pregnant women (63.2%) were under weight, 5 (26.3%) were normal, and 2 (10.5%) were obese. There was an increase in consumption: staple foods from 3 to 3.9 servings, animal dishes from 1.6 to 2.8 servings, vegetable dishes from 1.8 to 2.8 servings, vegetables from 1.7 to 3.3 servings, fruit from 1.7 to 3 servings, and milk from 0.8 to 1.3 servings. 16 pregnant women (84.2%) gained weight with an average increase of 1.7 kg. 3 pregnant women lost weight with an average loss of 0.4 kg. Before the intervention, 4 pregnant women (21.0%) had protein energy malnutrition (PEM). After the intervention, only 2 pregnant women (10.5%) had PEM. All pregnant women (100%) gave birth to babies with normal birth weight.

Conclusion: Pregnant mother nutrition monitoring card is effective to increase food consumption, nutritional status of pregnant women, and birth weight.

Keywords: pregnant mother nutrition monitoring card, food consumption, body weight, nutritional status

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