THE RELATIONSHIP BETWEEN AGE, NUTRITION STATUS, AND ANEMIA AMONG PREGNANT MOTHERS

Devillya Puspita Dewi, Kuntari Astriana

Study Program of Nutrition, Faculty of Health Sciences, Universitas Respati Yogyakarta

ABSTRACT

Background: Anemia during pregnancy is a condition where the blood hemoglobin level of pregnant women is below 11 gram/dL. The prevalence of anemia in Indonesia is still relatively high at 85%, while in the Special Region of Yogyakarta it reaches 37.1%. Anemia among pregnant women can cause death in both the mother and the fetus. This study aimed to determine the relationship between age, nutrition status, and anemia among pregnant mothers.

Subjects and Method: This was an observational cross-sectional study. The study was conducted in the working area of Gedangsari 2 Community Health Center in Gunung Kidul, Yogyakarta. A total sample of 72 pregnant women was selected for this study. The dependent variable was anemia. The independent variables were maternal age and nutritional status. Bivariate analysis was performed by chi-square test.

Results: Maternal age ≥ 35 or < 20 years old (OR= 28.89, $p < 0.001$) was associated with an increased risk of anemia. Good maternal nutritional status (OR= 0.18; $p < 0.001$) was associated with a decreased risk of anemia in pregnant women.

Conclusion: Maternal age and nutritional status are associated with anemia in pregnant women.

Keywords: age, nutritional status, anemia, pregnant women

Correspondence:

Devillya Puspita Dewi, Study Program of Nutrition, Faculty of Health Sciences, Universitas Respati Yogyakarta, Universitas Respati Yogyakarta. Email: deandra_bram@yahoo.com. Mobile: 085743448278.