

Nutrition Counseling for Pregnant Women, Rimba Soping Village, Padangsidempuan Angkola Julu District in 2022

Rya Anastasya Siregar ¹, Novita Sari Batu Bara ², Khoirunnisa Rangkuti ³
^{1, 2, 3} *University of Afa Royhan, Padang Sidempuan, Indonesia*

ABSTRACT

Indonesia currently still has complex health problems. The degree of public health in Indonesia has not progressed significantly, even though there have been many programs to improve public health status that have been rolled out by the government. The degree of health is largely determined by the health of mothers and children, there are many factors that cause maternal and infant mortality, one of which is poor nutrition during pregnancy which causes complications during pregnancy and childbirth. Community service activities are carried out in residents' homes. Counseling was carried out for 1 (one) day, namely on April 17 2022, at 10.00 WIB until it was finished in Rimba Soping Village, Padangsidempuan District, Angkola Julu. The material was delivered by providing counseling about the nutrition of pregnant women, then followed by providing snacks with the involvement of 4 DIII Midwifery study program students, Afa Royhan Padangsidempuan. Activity counseling which was carried out ran smoothly and was received enthusiastically by the participants as seen from the many pregnant women who asked about information about the nutrition of pregnant women and the participants also understood what should be consumed during pregnancy and the restrictions.

Keywords: Nutrition, Counseling, Pregnant Women

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INTRODUCTION

Indonesia currently still has complex health problems. The degree of public health in Indonesia has not progressed significantly, even though there have been many programs to improve public health status that have been rolled out by the government. The degree of health is largely determined by the health of mothers and children, there are many factors that cause maternal and infant mortality, one of which is poor nutrition during pregnancy which causes complications during pregnancy and childbirth.

The World Health Organization (WHO) estimates that worldwide every year more than 585,000 die during pregnancy or childbirth (Kepmenkes, 2012). The search results of the Ministry of Health in 2011, the Maternal Mortality Rate (MMR) in Indonesia is 214 per 100,000 live births. The Maternal Mortality Rate (MMR) in Central Java Province in 2012 based on the results of the Regional Health Survey was 116 per 100,000 live births and the number of maternal deaths in Kebumen Regency in 2015 was 68.48 per 100,000 live births. According to the Ministry of Health (2010), the direct cause of maternal death in Indonesia is related to pregnancy and childbirth. The main causes of maternal death include bleeding 28%, 24% eclampsia, 11% infection, 5% abortion, 5% prolonged labor, and others.

At Roemani Hospital, Semarang, the incidence of prolonged labor was 65 people and the total number of deliveries during one year 2009 was 49 people, the presentation of prolonged labor was still high at around 13% (Fardila, 2013). Maternal mortality can be overcome by improving health services. One of them is that it can be prevented by up to 22%, namely through regular Ante Natal Care (ANC), which can detect early complications in pregnancy, live a healthy life with balanced nutrition, carry out early initiation of breastfeeding in childbirth, and carry out regular pregnancy exercises (Bowo, 2008).

Based on the results of several studies, it can be concluded that the nutritional status of pregnant women before and during pregnancy greatly influences the weight of the baby to be born. Undernourished to poor nutritional status will give birth to babies who are malnourished (LBW in several stages) and premature.

According to Hadi (2005) pregnant women who suffer from malnutrition are at risk of giving birth to LBW children. If the baby born later can survive the rate of development and growth is slower. What's more, the lack of exclusive breastfeeding and insufficient complementary food for breast milk. If the nutritional status of infants who are malnourished is not considered, it will cause the baby's growth and development to be disrupted and can even cause stunting in children.

For this reason, it is very important to have balanced nutrition or a balanced diet for physical growth and development, maintaining health, replacing body tissue, and supporting reproductive health. Meanwhile, the goal of a balanced nutrition regulator is to regulate good nutritional intake, namely a balanced and varied diet to improve reproductive function so as to support fertility.

There are several things that must be considered during pregnancy, including the needs during pregnancy which are different for each individual and are also influenced by previous medical history and nutritional status. inconsistent nutrition during pregnancy.

Therefore it is very necessary for health workers to provide counseling about the nutrition of pregnant women to reduce maternal and fetal mortality, as well as the incidence of malnutrition and stunting in children.

A. Pregnant women

Understanding

A pregnant woman is a woman who is pregnant starting from conception (the meeting of the egg and sperm cells) until the birth of the fetus/baby branch. Normal pregnancy duration is 280 days (40 weeks or 9 months 7 days) counting from the first menstrual period to the last menstruation (HPHT). Pregnancy is divided into 3 trimesters, namely:

1. Trimester I : Pregnancy 0-12 weeks
2. Trimester II : Gestation age 13-28 weeks
3. Trimester II : Gestational age 29 -40 weeks

B. Principles of nutrition in pregnant women and the fetus

Pregnancy is a special condition for a woman as a mother, because during pregnancy there will be bifik changes that will affect her life. The principle of nutrition in the fetus is nutrition that is very useful for the growth and development of the fetus, so that it can develop without nutritional deficiencies. very nutrient Important for fetal development include: folic acid, calcium, and iron. During pregnancy there will be many changes both physical, social and mental changes.

Even so, the prospective mother must remain healthy and optimal because here a mother does not live alone but lives with the fetus she contains. As the pregnancy process progresses, there will be natural physical and mental changes. In the first trimester (first three months of pregnancy or 1-12 weeks) fetal growth is still slow, so the need for fetal growth is not that great. Pregnant women often experience changes in eating patterns (cravings) which are influenced by changes in the body's hormonal system, so that their needs and nutrition need to be considered. In the second trimester (4-6 months or 13-27 weeks) and the third trimester (7-9 or 28-40 weeks) fetal growth takes place very rapidly compared to the previous trimester, so it is very important to pay attention to the nutritional needs of the pregnant woman.

Pregnant women must have a normal weight. Because it will affect the child he gave birth to. Mothers who are pregnant with nutritional deficiencies will result in miscarriages, premature births, low birth weight, uterine disorders during delivery, and bleeding after delivery and can also cause fetal death in the womb.

C. Balanced nutrition

Balanced nutrition is a composition of daily food that contains nutrients in the type and amount according to the body's needs, taking into account the principles of diversity or variety of food, physical activity, hygiene, and ideal body weight. Balanced nutrition in Indonesia is visualized in the form of a Balanced Nutrition Cone (TGS) which is in accordance with Indonesian culture. TGS is designed to help everyone choose the right type and amount of food according to various needs according to age (infants, toddlers, adolescents, adults and the elderly), and according to health conditions (pregnancy, breastfeeding, physical activity, illness).

There are 13 General Messages of Balanced Nutrition, namely:

1. Eat a variety of foods
2. Eat foods that meet energy needs
3. Eat half of the carbohydrate source of energy needs
4. Limit fat a quarter of the energy adequacy
5. Use iodized salt
6. Eat food sources of iron
7. Breastfeed the baby until the age of six months
8. Get used to breakfast
9. Drink clean, safe and sufficient amounts of water
10. Be physically active and exercise regularly
11. Avoid drinking alcoholic beverages
12. Eat food that is safe for health
13. Read labels on packaged foods.

Meanwhile for pregnant women there are additional 4 special messages, namely:

- a) Get used to consuming a variety of foods;
- b) Limit consumption of salt;
- c) Drink plenty of water and
- d) Limit drinking coffee.

D. The following are important nutrients that need to be met by pregnant women:

a. Folate and Folic Acid

Folate is a B vitamin that plays an important role in preventing neural tube defects in babies, which are serious abnormalities of the brain and spinal cord. While [folic acid](#) is a synthetic form of folate that can be found in supplements and nutritious foods. Folic acid supplements have been shown to reduce the risk of preterm birth. The American College of Obstetrics and Gynecology (ACOG) recommends that mothers consume 600-800 micrograms of folate during pregnancy. Mothers can get folate intake from food, such as liver, nuts, eggs, dark green leafy vegetables, and peas. As well as eating a healthy diet, make sure the mother takes a daily prenatal vitamin ideally starting three months before conception to help meet these essential nutrients.

b. Calcium

Calcium is an important nutrient that mothers need to fulfill in order to form strong baby bones and teeth. Calcium also helps the mother's circulatory system, muscles and nerves run normally. Pregnant women need 1000 milligrams of calcium which can be divided into two doses of 500 milligrams per day. Good sources of calcium can be found in milk, yogurt, cheese, fish and seafood that are low in mercury, such as salmon, shrimp and catfish, tofu which contains calcium and dark green leafy vegetables.

c. Vitamin D

Vitamin D helps build strong baby bones and teeth. Pregnant women need up to 600 international units (IU) of vitamin D per day. Fatty fish like salmon are good sources of vitamin D. Other food choices to get vitamin D intake, namely milk and orange juice.

d. Proteins

Protein is also an important nutrient that must be met during pregnancy to ensure proper growth of the baby's tissues and organs, including the brain. These nutrients help the growth of breast tissue and the mother's uterus during pregnancy. Protein plays a role in increasing the mother's blood supply, making it possible to deliver more blood to the baby. Maternal protein requirements increase during each trimester of pregnancy. Pregnant women need to consume around 70 to 100 grams of protein daily, depending on your weight and current trimester of pregnancy. Talk to your obstetrician to find out how much protein you specifically need. Good sources of protein for pregnant women include lean beef, chicken, salmon, nuts, peanut butter, peas and cottage cheese.

e. Iron

The mother's body needs iron to make hemoglobin, the protein in red blood cells whose job is to carry oxygen to the tissues. During pregnancy, mothers need twice as much iron intake as non-pregnant women. The mother's body needs iron to make more blood to supply oxygen to the baby.

If the mother does not get enough iron intake, the mother will experience iron deficiency anemia, which can cause the mother to tire easily. Severe iron deficiency anemia during pregnancy also increases the risk of premature birth, low birth weight babies, and postpartum depression. Pregnant women need 27 milligrams of iron a day. The way to meet these nutritional needs is to eat foods, such as lean red meat, poultry, and fish. Other food choices that contain iron include iron-fortified cereals, legumes, and vegetables.

That is important nutrition for pregnant women. Apart from consuming healthy food, mothers can also meet their nutritional needs by taking supplements. However, you should first talk to your obstetrician about the supplements you want to consume.

F. Food Ingredients Avoided and Limited by Pregnant Women

- a. Avoid preserved foods as they usually contain unsafe food additives
- b. Avoid undercooked meat/eggs/fish because they contain germs that are harmful to the fetus
- c. Limiting coffee and chocolate contains caffeine which can increase blood pressure
- d. Limiting foods that contain high energy such as those that contain lots of sugar, fat, for example chips, cakes
- e. Limiting foods that contain gas, for example jackfruit, cabbage, sweet potatoes because they can cause complaints of heartburn in pregnant women
- f. Limit consumption of soft drinks (soft drinks) because they contain high energy which results in excessive weight gain for pregnant women and large babies

METHODS

A. Preparation

The Stages of This Activity Consist of the Preparation Stages and Implementation Stages. The preparation stages include problem identification, which is carried out using interview techniques and observation of pregnant women in Rimba Soping Village, Padangsidempuan Angkola Julu District . The Implementation Stages Include Submission of Counseling Materials About the Nutrition of Pregnant Women in Rimba Soping Village, Padangsidempuan District, Angkola Julu .

This activity aims to enable pregnant women to increase their knowledge about pregnancy exercise. The method used in the activity is in the form of lectures, discussions , questions and answers and demonstrations . The media used is in the form of power point.

B. Implementation

Community service activities are carried out in open fields and visit residents' homes after the community has finished carrying out weekly recitations. The education was carried out for 1 (one) day, namely on April 17 2022, at 10.00 WIB until it was finished in Rimba Soping Village, Padangsidempuan Angkola Julu District. The material is delivered by providing counseling and guidance regarding the importance of Nutrition for Pregnant Women.

RESULTS AND DISCUSSION

A. Results

Community service activities are carried out in residents' homes . Counseling was carried out for 1 (one) day, namely on April 17 2022, at 10.00 WIB until it was finished in Rimba Soping Village, Padangsidempuan District, Angkola Julu . The material was delivered by providing counseling about the nutrition of pregnant women , then followed by providing snacks with the involvement of 4 DIII Midwifery study program students, Aufa Royhan Padangsidempuan.

The stages of this activity consist of the preparation stage and the implementation stage. The preparatory stage includes problem identification, which is carried out by interview and observation techniques Pregnant Women in Rimba Soping Village, Padangsidempuan District, Angkola Julu . The implementation stage includes delivering materials about the benefits of balanced nutrition and foods that should not be consumed during pregnancy. The method used in conveying the material is the method of lectures, discussions , questions and answers and demonstrations.

B. Discussion

This activity was carried out in Rimba Soping Village, Padangsidempuan Angkola Julu District. This activity was driven by Rya Anastasya Siregar, Sst.M. Kes , as Team Leader and Hj. Nur Aliya Rangkuti, Sst, Mkm as Secretary, and Khairunnisa Hasibuan, S.Tr. b. M.Keb as Team Member.

This activity includes providing information about Nutrition for Pregnant women. The method used in this activity is in the form of lectures, discussions , questions and answers and demonstrations . The media used in the form of LCD and power point . Counseling began by visiting pregnant women door to door in Rimba Soping Village,

Padangsidimpuan Angkola Julu District .

The head of the committee gave a speech and explained what activities were carried out in the series of counseling activities carried out. The counseling activities carried out were received enthusiastically by the participants as seen from the many participants who asked about information Nutrition for pregnant women and its benefits . Then the participants were also very enthusiastic to take part in this activity

The final result that can be seen from this counseling activity is that most of the participants understand and understand about the nutrition of pregnant women. Participants also follow the committee's directions . Counseling activities about the nutrition of pregnant women in Rimba Soping Village, Padangsidimpuan Angkola Julu District, have been successfully carried out.

CONCLUSION

A. Conclusion

Activity counseling which was carried out ran smoothly and was received enthusiastically by the participants as seen from the many pregnant women who asked about information about the nutrition of pregnant women and the participants also understood what should be consumed during pregnancy and the restrictions. It is recommended to health workers to give it more often counseling on nutrition, in Rimba Soping Village, Padangsidimpuan District, Angkola Julu can be carried out to prevent health problems for mothers and their babies so that they can reduce the incidence of malnutrition in pregnant women and their babies which can result in death and disability.

thank-you note

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