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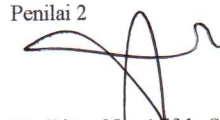
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Fillah Fithra Dieny

Abstract

ABSTRACT

Background : Preconception women who have anemia are at risk of suffering problems during pregnancy. One of risk factors for anemia is inadequate nutrient intake.

Objective : This study was aimed to analyze the factors of nutrient intakes that affect the level of Hb in preconception women.

Method : This study was conducted by using cross-sectional design study that consisted of 70 brides registered at Office of Religious Affairs in Sumowono and Pringapus Subdistricts, aged 16-35 years selected by consecutive sampling method. Weight, height, food intake, and hemoglobin level were measured. Food intake was obtained by using Semi Quantitative Food Frequency Questionnaire (SQ-FFQ). Hb level was measured by Cyanmethemoglobin method. Simple linear regression and multiple linear regression test were used to analyze the data.

Result : Prevalence of anemia was 11,4% and prevalence of undernutrition status was 15,7%. Energy intake ($p=0,004$), protein intake ($p=0,007$), iron intake ($p=0,009$), nutritional status ($p=0,055$) were factors that affected Hb level. The most significant factors of Hb level were energy intake and nutritional status.

Conclusion : Hb level in preconception women was affected by energy, protein, iron intake and nutritional status. However, the most significant factors with Hb level were energy intake and nutritional status.

Keywords

Key words: nutrients intake; hemoglobin; preconception women

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