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ISSN: 1680-5194

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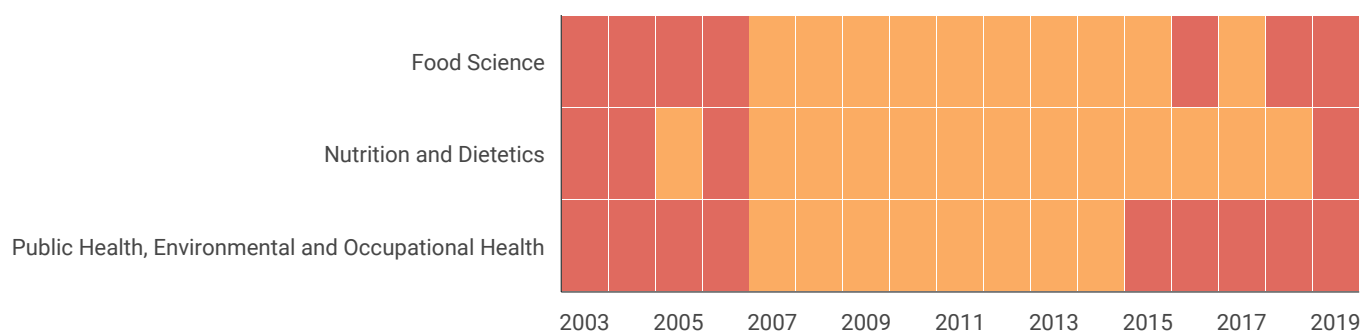
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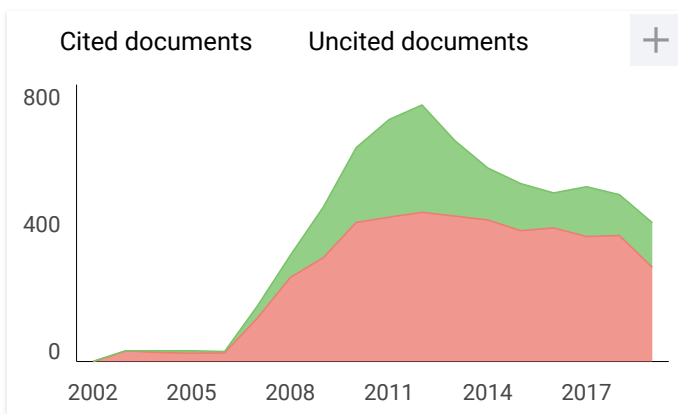
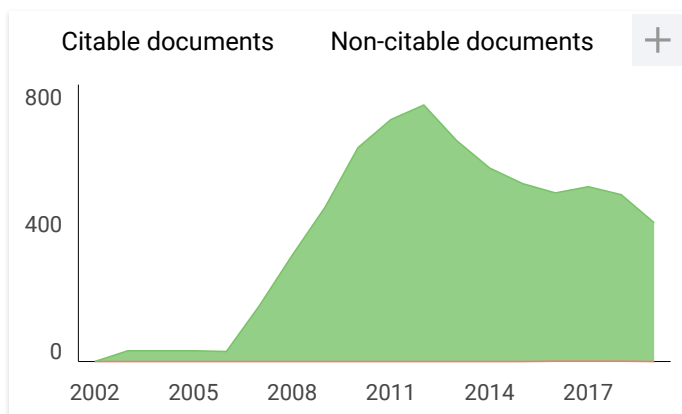
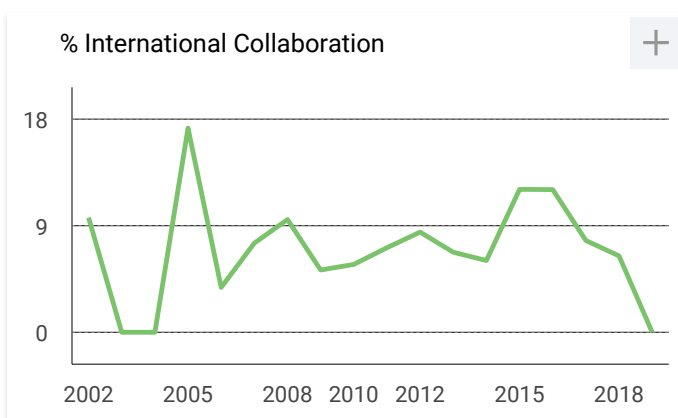
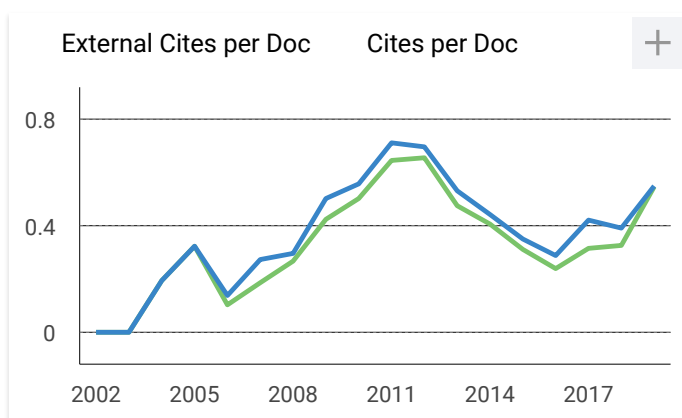
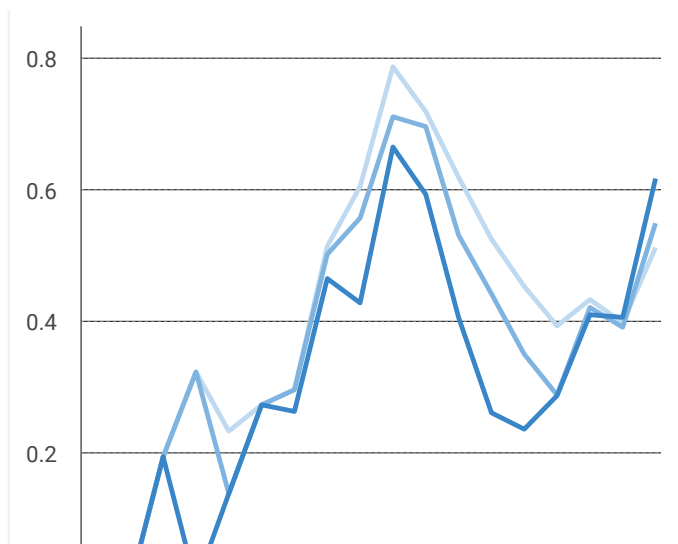
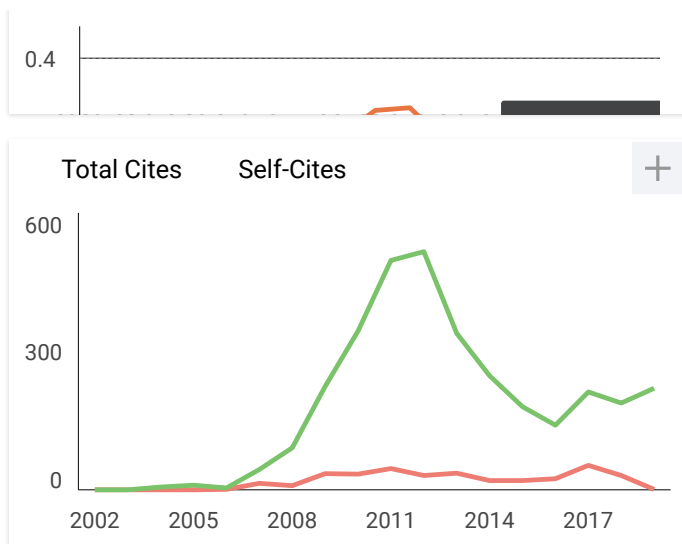


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Year: 2019 | Volume: 18 | Issue: 7 | Page No.: 637-643

DOI: [10.3923/pjn.2019.637.643](https://doi.org/10.3923/pjn.2019.637.643)**Hemoglobin and Serum Transferrin Receptor Differences in Pregnant Women in Rural and Urban Areas of Central Java Province, Indonesia**

Mohammad Zen Rahfiludin , Dina Rahayuning Pangestuti and Yudhy Dharmawan

Abstract: Background and Objective: Pregnant women in rural and urban areas have different nutritional intakes and associated problems. The present study compared hemoglobin and serum transferrin receptor levels, as well as influencing factors, between pregnant women in rural and urban areas in Central Java, Indonesia. **Materials and Methods:** Blood samples were taken from 80 pregnant women in urban and 69 pregnant women in rural areas of Central Java, Indonesia. The cyanmethemoglobin method was used to measure hemoglobin levels and enzyme-linked immunosorbent assay was used to measure serum transferrin receptor. Nutrient intake data was obtained using 24 h recall on 2 inconsecutive days. Food intake data with Recommended Dietary Allowance percentages were measured using cutoff points based on Indonesian nutritional adequacy. Iron-deficiency anemia status was categorized into four groups: iron-deficiency anemia, non-iron-deficiency anemia, non-anemia iron deficiency and non-anemia/non-iron deficiency. **Results:** Pregnant women in rural areas had lower income and education levels than pregnant women in urban areas. Intake of iron, vitamin B12 and folic acid were lower in rural areas, while **vitamin C** and dietary fiber intake were lower in urban areas. While hemoglobin levels did not differ significantly based on area of residence, serum transferrin receptor levels did. **Conclusion:** Iron-deficiency anemia in pregnant women was higher in rural areas. Therefore, pregnant women are recommended to increase intake of high iron foods, particularly heme-iron and maintain a balanced diet.

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