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# Supplementary Feeding (PMT) For Pregnant Women With SEVERITY

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**Abstract.** *Supplementary Feeding (PMT) for Pregnant Women with Chronic Energy Deficiency (CED) is an effort to address serious nutritional issues in Indonesia. CED in pregnant women can lead to long-term health impacts on both the mother and the unborn child. This study aims to provide a concrete solution by implementing PMT directly for pregnant women with CED in Kesambe Lama Village, Rejang Lebong District, Bengkulu Province. The problem-solving methods include screening, counseling, and the provision of supplementary food integrated into community service activities. The results achieved show a significant improvement in the understanding of pregnant women about the importance of nutritional intake, as well as positive changes in their nutritional status. The conclusion of this activity is that PMT is effective in improving the health of pregnant women with CED and should be continued and expanded to other areas facing similar issues.*

**Keywords:** *Supplementary Feeding (PMT), Pregnant Women, Chronic Energy Deficiency (CED)*

## INTRODUCTION

In Indonesia, nutritional problems such as SEZ are still a serious challenge, especially among pregnant women. SEZ can lead to various health complications that threaten the lives of mothers and babies. This condition is exacerbated by the imbalance of nutritional intake in the community, especially in rural areas such as Kesambe Lama Village. Previous community service activities have shown that PMT is effective in improving the nutritional status of affected individuals, but its implementation is still limited.

This research proposes a solution by continuing and expanding the PMT program to pregnant women with SEZ in the village. The aim of this activity is to address the problem of SEZ by providing regular and planned PMT, which is expected to improve the nutritional condition of pregnant women and minimize the risk of health complications.

## RESEARCH METHODS

This community service method is based on the Work Breakdown Structure (WBS) scheme which includes the following stages:

1. Preparation: Coordination with related parties, collection of preliminary data on nutritional conditions and community needs.
2. Implementation: Screening of pregnant women to identify those suffering from SEZ, counseling on the importance of balanced nutrition, and provision of PMT in the form of eggs, milk, and fruits.

3. Evaluation: Monitoring and evaluation of changes in the nutritional status of pregnant women after the provision of PMT.

## **RESULTS AND DISCUSSION**

### **Activity Results**

In Kesambe Lama Village, the activity of providing Supplementary Food (PMT) to pregnant women with Chronic Energy Deficiency (CHD) showed active participation from the local community. A total of 50 pregnant women enthusiastically participated in this activity, reflecting an increasing awareness of the importance of nutritional intake during pregnancy. In the process, a screening stage was conducted to identify pregnant women who needed special assistance. The screening involved a comprehensive medical examination, including measurement of weight, height, and analysis of hemoglobin levels to detect anemia. From the screening results, it was found that 20 pregnant women suffered from SEZ, who were then targeted to receive regular PMTs. The identified pregnant women receive nutrient-rich supplementary food packages, such as milk, special biscuits, and iron supplements, which are distributed regularly every week. In addition to receiving additional food, they also receive nutrition counseling to ensure that they understand how to optimize their daily nutritional intake.

This activity not only helps improve the health conditions of pregnant women, but also strengthens the sense of solidarity and care among villagers. Each PMT distribution session becomes a warm gathering place, where women exchange experiences and support with each other. The sessions are also attended by midwives and health workers who provide additional education on the importance of maintaining health during pregnancy. Thus, the program succeeded in fostering a spirit of gotong royong and improving the quality of life of pregnant women in Kesambe Lama Village. The support from the entire community, from village leaders to ordinary citizens, shows how important cooperation is in addressing health issues. This PMT program not only provides direct benefits in the form of improved nutritional status of pregnant women, but also builds collective awareness of the importance of good nutrition for future generations, creating a healthier and stronger community.

### **Improved Nutrition Understanding and Practices**

Education on the importance of balanced nutrition for pregnant women in Kesambe Lama Village has had a very positive impact. Research conducted by Ningsih and Suryani (2019) showed that nutrition education programs can increase pregnant women's understanding and awareness of the nutritional intake needed during pregnancy. Pregnant women in the village now show a significant increase in their understanding of nutritional intake. With the educational materials delivered by health workers, they became more aware of the importance of nutrient-rich foods, as discussed in Dewi's (2018) book on nutritional management in pregnant women. This change was reflected in their daily behavior, where many of them began to increase the consumption of vegetables and fruits in their diet, in accordance with the nutritional guidelines recommended by Indrawati (2015).

In addition, they are also more disciplined in consuming Supplementary Food (PMT) provided through government programs, which is consistent with the findings of Wahyuni and Sukartini (2022) regarding the important role of nutritional supplementation in improving the health status of pregnant women with SEZ. These improved nutrition practices not only help meet their nutritional needs, but also contribute to fetal health and development, as described by Arifin (2016) in his book on nutrition for pregnant women with SEX. These changes illustrate how proper education and support from the community can bring about real improvements in the well-being of pregnant women and future generations, as demonstrated by Puspita and Yuliana's (2018) research on community nutrition supplementation. The references used support that effective nutrition education and routine PMT provision can improve pregnant

women's nutrition awareness and practices, which in turn improves maternal and child health (Abas, Rahim, & Hidayat, 2021; Kusuma & Wijaya, 2020). These education programs, supported by literature such as the work of Lestari (2016) and Susilawati (2019), emphasize the importance of a holistic approach in addressing undernutrition in pregnant women to ensure optimal health outcomes for mothers and babies.

### **Positive Impact on Pregnant Women's Health Condition**

The regular implementation of the Supplementary Food Program (PMT) in Kesambe Lama Village has shown real improvements in the health conditions of pregnant women. Research conducted by Wahyuni and Sukartini (2022) revealed that the PMT program can provide adequate and balanced nutritional intake, which is needed by the body of pregnant women during pregnancy. Pregnant women who previously experienced symptoms of Chronic Energy Deficiency (CED), such as chronic fatigue and weight loss, began to feel an increase in energy and overall health after receiving additional nutrition through this program. Over time, these improvements became more noticeable, with many pregnant women reporting increased endurance and the ability to go about their daily activities without excessive fatigue. In addition, they began to gain weight in a healthier direction, in line with recommended health standards, as discussed by Arifin (2016) in his guide on nutrition for pregnant women with SEZ. This finding is also supported by Puspita and Yuliana's (2018) research, which showed that nutritional supplementation can significantly improve the nutritional status of individuals affected by SEZ. PMT programs not only provide short-term benefits in the form of improved nutritional status, but also have the potential to reduce the risk of pregnancy complications and improve the health of the mother and the baby to be born, as discussed by Abas, Rahim, and Hidayat (2021). With literature support from Dewi (2018) on nutritional management in pregnant women and Susilawati (2019) on pregnancy nutrition, it appears that a holistic approach to PMT delivery is highly effective. Thus, the PMT program is an important step in improving the quality of life and welfare of pregnant women in Kesambe Lama Village. This is in line with the findings of Kusuma and Wijaya (2020), who emphasized the importance of nutritional supplementation to improve the health status of pregnant women. This program not only contributes to short-term health, but also builds a stronger foundation for future maternal and child health, creating a healthier and stronger community.

### **Challenges in Program Implementation**

Although the implementation of the Supplementary Feeding Program (PMT) in Kesambe Lama Village has shown positive results, the program is not free from challenges. One of the main challenges is the limited distribution and sustainability of resources required to provide regular PMT to all pregnant women in need. As revealed by Ningsih and Suryani (2019), the availability of nutritious food ingredients required for PMT can sometimes be unstable, especially if there are logistical issues or budget limitations. In addition, coordination between the various parties involved in this program, such as the implementation team, midwives, and local government, needs to be improved. Lack of communication and synchronization between these parties often leads to obstacles in program implementation. For example, PMT distribution schedules can be disrupted if there is not good coordination regarding the delivery of food items or if midwives are not informed in time of changes in schedules or procedures, as noted by Dewi (2018) in her book on nutrition management in pregnant women.

There are also challenges in ensuring all pregnant women in need of PMT are identified and reached. Some pregnant women may live in hard-to-reach areas or may not be aware of the program. Overcoming this issue requires extra effort in collecting data and socializing the program throughout the village, as outlined by Susilawati (2019) in her book on pregnancy nutrition. By addressing these challenges, the PMT program can be more effective and

sustainable, ensuring that all pregnant women in need get the nutrition they need to keep themselves and their babies healthy. As suggested by Wahyuni and Sukartini (2022), closer cooperation and better strategies in resource management as well as improved coordination between various parties are key to the future success of this program. Thus, ensuring consistent distribution and good communication are important steps to support the sustainability and effectiveness of the PMT program in Kesambe Lama Village, as supported by findings from Kusuma and Wijaya (2020).

## CONCLUSION

The conclusion of this study is that PMT is effective in improving the nutritional status of pregnant women with SEZ in Kesambe Lama Village. It is recommended to expand and support this program with stronger support from the government and related parties to ensure its sustainability. Meanwhile, further evaluation is also needed to identify potential improvements in implementation and work around barriers that may arise.

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