

PROGRAM PEMBERIAN MAKANAN TAMBAHAN TERHADAP PERUBAHAN Z-SCORE PADA ANAK USIA 6-59 BULAN DI WILAYAH KERJA PUSKESMAS SUNGAI DURIAN

Suaebah^{1*}, Mita Dwi Astuti², Ikawati Sulistyarningsih³, Dahliansyah⁴
^{1,2,3,4} Jurusan Gizi Poltekkes Kemenkes Pontianak

Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Pemberian PMT; status gizi; kesehatan anak.</p>	<p>Latar Belakang: Program pemberian makanan tambahan lokal merupakan kegiatan pemberian zat gizi bagi anak usia 6-59 bulan yang mengalami gizi kurang untuk memulihkan gizi balita yang kurang dengan cara memberikan makanan dengan kandungan gizi yang cukup sehingga kebutuhan gizi dapat terpenuhi. Tujuan: Untuk menganalisis program pemberian makanan tambahan terhadap perubahan Z-Score pada anak usia 6-59 bulan di wilayah kerja Puskesmas Sungai Durian. Metode: Penelitian menggunakan desain cross sectional survey design dengan rancangan sebelum dan sesudah perlakuan pada sampel balita usia 6-59 bulan di Wilayah Kerja Puskesmas Sungai Durian, Kabupaten Kubu Raya. Sebanyak 97 sampel dipilih dengan menggunakan teknik purposive sampling. Teknik pengumpulan data menggunakan data skunder: dokumen antropometri, riwayat pemberian makanan lokal anak balita. Data dianalisis dengan uji wilcoxon Signed Rank Test bertujuan untuk menguji perbedaan antara dua data berpasangan atau berkorelasi. Hasil: Ada perbedaan status gizi BB/U dari 97 balita ada 57 balita mengalami kenaikan BB. Status gizi TB/U dari 97 balita yang mengalami kenaikan TB sebanyak 29 dan tidak perubahan TB sebanyak 56. Status gizi BB/TB yang mengalami kenaikan BB sebanyak 50 balita dan tidak perubahan BB sebanyak 47 balita. Simpulan: Ada ada perbedaan secara signifikan status gizi sebelum dan sesudah pemberian makanan tambahan lokal pada Anak Usia 6-59 Bulan di wilayah kerja Puskesmas Sungai Durian dengan P-value 0,00.</p> <p>ABSTRACT <i>Background: The local supplementary feeding program is an initiative aimed at providing additional nutrients to children aged 6–59 months who are undernourished, in order to improve their nutritional status. This is achieved by providing food with adequate nutritional content so that their nutritional requirements can be fulfilled. Objective: To analyze the effect of the supplementary feeding program on changes in Z-scores among children aged 6–59 months in the working area of Sungai Durian Public Health Center. Methods: This study employed a cross-sectional survey design with a pre- and post-intervention approach among children aged 6–59 months in the working area of Sungai Durian Public Health Center, Kubu Raya Regency. A total of 97 samples were selected using a purposive sampling technique. Data were collected from secondary sources, including anthropometric records and the history of local supplementary feeding among children under five. Data were analyzed using the Wilcoxon Signed Rank Test to examine differences between two paired or correlated datasets. Results: Differences were observed in</i></p>

nutritional status indicators. For weight-for-age (W/A), 57 out of 97 children experienced weight gain. For height-for-age (H/A), 29 out of 97 children showed an increase in height, while 56 experienced no change in height. For weight-for-height (W/H), 50 children experienced weight gain, while 47 showed no change in weight. Conclusion: There was a statistically significant difference in nutritional status before and after the provision of the local supplementary feeding program among children aged 6–59 months in the working area of Sungai Durian Public Health Center (p -value = 0.00).

**Corresponding Author: suaebahgizi@gmail.com*
