Tingkat Kecukupan Vitamin C dan Kejadian Anemia pada Wanita Usia Subur di RW 03 Kelurahan Wonolopo Kecamatan Mijen Kota Semarang

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Masalah gizi berupa anemia gizi besi atau kadar hemoglobin yang kurang masih menjadi perhatian banyak ahli. Zat gizi utama pembentuk sel darah merah adalah zat besi, selain itu, vitamin C dapat berperan dalam mengoptimalkan absorpsi zat besi. Wanita usia subur memiliki risiko lebih besar menderita anemia. Berdasarkan data Riset Kesehatan Dasar (Riskesdas) 2013, sebanyak 23,9% anemia gizi besi terjadi pada perempuan. Anemia gizi besi pada Wanita Usia Subur dapat menyebabkan Berat Bayi Lahir Rendah (BBLR) dan kematian ibu pada saat persalinan. Penelitian ini bertujuan untuk mengetahui tingkat kecukupan vitamin C dan kejadian anemia pada wanita usia subur di RW 03 Kelurahan Wonolopo Kecamatan Mijen Kota Semarang.

Penelitian ini adalah penelitian deskriptif di bidang gizi masyarakat. Jumlah sampel yang diteliti sebanyak 40 orang. Teknik pengambilan sampel menggunakan *simple random sampling*. Data dikumpulkan melalui wawancara menggunakan formulir Recall 2 x 24 Jam. Kadar hemoglobin diukur menggunakan alat ukur Hb digital GCHb.

Rata – rata konsumsi vitamin C pada sampel sebanyak 65,25 ± 26,06 mg/hari, dengan konsumsi minimum 37,5 mg dan maksium 137,75 mg. Sebanyak 52,5 % mempunyai tingkat kecukupan vitamin C kurang, rata – rata tingkat kecukupan vitamin C yaitu 86,99 ± 34,75 % AKG per hari. Serta sebanyak 22,5 % mengalami anemia, rata – rata kadar Hb WUS adalah 12,52 ± 1,9 g/dL.

Sebagian besar sampel kurang mengkonsumsi bahan makanan sumber vitamin C dan mempunyai tingkat kecukupan vitamin C kurang, namun sebagian besar sampel mempunyai kadar hemoglobin normal.

Kata kunci : anemia, kadar hemoglobin, vitamin C, Wanita Usia Subur.

Vitamin C Adequacy Rate and Occurrence of Anemia in Fertile Women in RW 03 Wonolopo Village, Mijen District, Semarang City

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Nutritional problems in the form of iron nutrition anemia or hemoglobin levels that are lacking are still a concern of many experts. The main nutrient forming red blood cells is iron, besides that, vitamin C can play a role in optimizing iron absorption. Women of childbearing age have a greater risk of anemia. Based on data from the 2013 Basic Health Research (Riskesdas), 23.9% of iron nutrition anemia occurred in women. Iron nutrition anemia in women of childbearing age can cause low birth weight (LBW) and maternal mortality at delivery. This study aims to determine the level of adequacy of vitamin C and the incidence of anemia in women of childbearing age in RW 03, Wonolopo Village, Mijen District, Semarang City.

This research is a descriptive study in the field of community nutrition. The number of samples studied was 40 people. The sampling technique uses a simple random sampling. Data is collected through interviews using the Recall 2 x 24 Hours form. The hemoglobin level was measured using a GCHb digital Hb measuring device.

The average consumption of vitamin C in the sample is 65.25 ± 26.06 mg / day, with a minimum consumption of 37.5 mg and calcium 137.75 mg. A total of 52.5% of the samples had insufficient levels of vitamin C, the average level of vitamin C sufficiency was 86.99 ± 34.75% RDA per day. And as many as 22.5% of the samples had anemia, the average Hb WUS level was 12.52 ± 1.9 g / dL.

Most samples consume less food sources of vitamin C and have a low level of vitamin C, but most of the samples have normal hemoglobin levels.

Keywords : anemia, hemoglobin level, vitamin C, childbearing-aged women.