

**PROGRAM STUDI ILMU KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN DAN INFORMATIKA
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PENELITIAN RISET, 20 AGUSTUS 2026**

SITI SURASNI UTAMI PUTRI

**Analisis Pelaksanaan Program Pencegahan Stunting Pada Ibu Hamil Di
Wilayah Kerja Uptd Puskesmas Daik Kabupaten Lingga Tahun 2026**

ABSTRAK

Stunting merupakan salah satu masalah gizi kronis yang masih menjadi perhatian dunia. World Health Organization (WHO) menyebutkan bahwa stunting adalah kondisi gagal tumbuh pada anak akibat kekurangan gizi kronis yang ditandai dengan tinggi badan menurut umur berada di bawah minus dua standar deviasi (-2 SD) berdasarkan standar pertumbuhan anak WHO. Penelitian ini bertujuan untuk menganalisis Pelaksanaan Program Pencegahan Stunting pada Ibu Hamil di Wilayah Kerja UPTD Puskesmas Daik Kabupaten Lingga Tahun 2026 dengan fokus pada pelaksanaan pelayanan *Antenatal Care* (ANC) terpadu pada Ibu Hamil, Pelaksanaan Pemberian Tablet Tambah Darah (TTD) pada Ibu Hamil, Pelaksanaan Pemberian Makanan Tambahan (PMT) pada Ibu Hamil dan Pelaksanaan Kelas Ibu Hamil. Menggunakan pendekatan kualitatif dan kerangka teori berpedoman pada Kebijakan Nasional Pencegahan Stunting (Perpres Nomor 72 Tahun 2021 dan Kebijakan Kementerian Kesehatan).

Hasil penelitian menunjukkan bahwa pelaksanaan program pencegahan stunting di UPTD Puskesmas Daik telah mengintegrasikan empat komponen utama. Pertama, pelaksanaan ANC Terpadu diselenggarakan melalui Perencanaan Tingkat Puskesmas (PTP) yang mengintegrasikan pelayanan medis, laboratorium rutin, dan edukasi kesehatan untuk deteksi dini risiko kehamilan sejak trimester pertama. Kedua, Pemberian TTD dilaksanakan secara terstruktur berbasis *point-of-care* saat kunjungan ANC dengan sistem pemantauan yang melibatkan kader untuk memastikan pemenuhan target minimal 90 tablet selama kehamilan. Ketiga, PMT bagi ibu hamil dilaksanakan dengan prinsip selective targeting berbasis indikator antropometri ($LILA < 23,5$ cm dan/atau grafik penambahan berat badan tidak memadai) untuk menangani Kurang Energi Kronis (KEK) secara tepat sasaran. Keempat, Kelas Ibu Hamil sebagai upaya intervensi promosi kesehatan dan perubahan perilaku yang berjalan secara interaktif melalui kolaborasi antara tenaga kesehatan dan kader Posyandu dalam pergerakan sasaran.

Kata Kunci: Stunting, Antenatal Care (ANC), Tablet Tambah Darah (TTD) dan Pemberian Makanan Tambahan (PMT)

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SITI SURASNI UTAMI PUTRI

Analysis of the Implementation of the Stunting Prevention Program for Pregnant Women in the Working Area of UPTD Daik Community Health Center, Lingga Regency, 2026

ABSTRACT

Stunting is one of the chronic nutritional problems that remains a global concern. The World Health Organization (WHO) states that stunting is a condition of impaired growth in children due to chronic malnutrition, characterized by height-for-age being below minus two standard deviations (-2 SD) based on the WHO child growth standards. This study aims to analyze the Implementation of the Stunting Prevention Program for Pregnant Women in the Working Area of UPTD Puskesmas Daik, Lingga Regency in 2026, with a focus on the implementation of integrated Antenatal Care (ANC) services for Pregnant Women, the Implementation of Iron Supplementation Tablets (TTD) for Pregnant Women, the Implementation of Supplementary Feeding (PMT) for Pregnant Women and the Implementation of Pregnant Women Classes. Using a qualitative approach and a theoretical framework guided by the National Stunting Prevention Policy (Presidential Regulation Number 72 of 2021 and Ministry of Health Policies).

The results of the study show that the implementation of the stunting prevention program at UPTD Puskesmas Daik has integrated four main components. First, the implementation of Integrated ANC is carried out through Puskesmas Level Planning (PTP), which integrates medical services, routine laboratory examinations, and health education for early detection of pregnancy risks since the first trimester. Second, the provision of TTD is implemented in a structured manner based on point-of-care during ANC visits, with a monitoring system involving cadres to ensure fulfillment of the minimum target of 90 tablets during pregnancy. Third, PMT for pregnant women is implemented using the principle of selective targeting based on anthropometric indicators (MUAC < 23.5 cm and/or inadequate weight gain chart) to appropriately address Chronic Energy Deficiency (KEK). Fourth, Pregnant Women Classes serve as health promotion and behavioral change interventions that are conducted interactively through collaboration between health workers and Posyandu cadres in mobilizing the target population.

Keywords: Stunting, Antenatal Care (ANC), Iron Supplementation Tablets (TTD) and Supplementary Feeding (PMT)