

Adherence to Iron Supplement Tablet Consumption, Iron and Vitamin C Intake, and Hemoglobin Levels among Pregnant Women at Panceng Community Health Center.

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ABSTRACT

Hemoglobin levels undergo changes during pregnancy, and adherence to iron supplement tablets and nutritional intake becomes a key factor in maintaining this balance. This study aims to comprehensively understand the compliance of iron supplement tablet consumption, iron and vitamin C intake, and hemoglobin levels in pregnant women at the Panceng Community Health Center, Gresik Regency. The research employed a qualitative approach with a descriptive case study design. The study population included all second-trimester pregnant women in the Panceng Community Health Center area, with a sample of 34 respondents selected using accidental sampling. Data collection involved a checklist for adherence to iron supplement tablet consumption, a 24-hour food recall to measure iron and vitamin C intake, and hemoglobin level measurements. Results revealed that a majority of pregnant women were less adherent to iron supplement tablet consumption, with 65% of respondents being adherent. Food intake analysis indicated a significant number of pregnant women experienced deficits in iron and vitamin C intake. Hemoglobin levels before intervention showed that 44% of pregnant women had anemia, but after intervention, only 6% remained anemic. The study concludes that adherence to iron supplement tablet consumption, iron and vitamin C intake, and nutritional interventions can positively impact the improvement of hemoglobin levels in pregnant women. Practical implications involve expanding nutritional intervention programs during pregnancy, enhancing education, and strengthening community support to improve maternal health.

Key words: Adherence to Iron Supplement Tablet Consumption, Iron and Vitamin C Intake, Hemoglobin Levels, Pregnant Woman