The Relationship between Protein, Iron and Vitamin C Intake on the Incidence of Anemia in Pregnant Women at the Grujugan Community Health Center

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ABSTRACT

Anemia is a condition where the levels of hemoglobin (Hb), hematocrit, and red platelets in the blood are not within normal limits, with the mother having a hemoglobin level of <11% in the first and third trimesters, while in the second trimester she has a hemoglobin level of <10%. 5%. Lack of supplements such as iron, protein and L-ascorbic acid can cause pallor. High intake of protein, Fe, L-ascorbic acid, as well as controlling the use of tannin and caffeine can increase hemoglobin levels. The aim of this research is to determine the relationship between protein, iron and vitamin C intake. This type of research is analytical observational with a case control approach. The method used was purposive sampling according to inclusion and exclusion criteria. Data collection used questionnaires, SQ FFQ, and blood sampling using easy touch GCHB. Statistical analysis using SPSSv.16 with Fisher's test. The results of analysis using the Fisher test (Fisher Exact Test) showed that there was a relationship between protein intake and the incidence of anemia (p=0.032). There is a relationship between iron intake and the incidence of anemia in pregnant women (p = 0.034). There is a relationship between vitamin C intake and the incidence of anemia (p = 0.001). The conclusion is that there is a relationship between consumption of protein, iron and vitamin C on the incidence of anemia in pregnant women in Grujugan sub-district..

keywords: Intake of Protein, Iron, Vitamin C and Anemia