

# **The Relationship of Macronutrient Intake to the Incidence of Preeclampsia in Pregnant Women at Sumberjambe Jember Health Center**

**Salsabil Jauzah**

Clinical Nutrition Study Program

Department of Health

## **ABSTRACT**

Preeclampsia is one of the most common pregnancy complications that causes maternal death. Globally, about 10% of pregnant women worldwide experience preeclampsia, and this condition causes about 76,000 maternal deaths and 500,000 infant deaths each year. The purpose of this study is to determine the relationship between macronutrient intake and the incidence of preeclampsia in pregnant women at the Sumberjambe Jember Health Center. This study uses a type of *cross sectional design research*. The subjects were taken as many as 196 pregnant women with the subject collection technique using *simple random sampling*. The instruments used in this study were food photo books and SQ-FFQ forms to determine the intake consumed. Data collection was carried out through interviews using SQ-FFQ accompanied by food photo books to help respondents remember the type and portion of food consumed during the past month. The results are then calculated with the List of Composition of Food Ingredients (DKBM) to determine the intake of macronutrients. Then using the pregnant woman's KIA book to see the screening for preeclampsia, proteinuria, blood pressure, and edema. The results of the bivariate test using *the chi square* test were obtained  $p = 0.005$  for energy intake,  $p = 0.004$  for fat intake, and  $p = 0.003$  for carbohydrate intake, and for protein intake using *the Fisher's Exact Test* test  $p = 0.047$  so that it can be concluded that there is a relationship between the intake of macronutrients (energy, protein, fat and carbohydrates) and the incidence of preeclampsia in pregnant women.

Keywords: Macronutrient Intake, Risk of Preeclampsia, Pregnant women