

COUNSELING TO PREVENT AND OVERCOME ANEMIA IN PREGNANT WOMEN WITH A HEALTHY DIET IN WOLUTENGAH VILLAGE, KEREK DISTRICT, TUBAN REGENCY

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ABSTRACT

Keywords:

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Anemia in pregnant women is a deficiency of iron, folic acid, and vitamin B12, which can pose health risks to the mother and fetus, such as fatigue, premature birth, and impaired fetal growth. Therefore, health education for pregnant women about the causes, effects, and prevention of anemia, as well as a balanced diet rich in essential nutrients, has been shown to increase understanding and awareness of anemia prevention. The goal of this community service program is to prevent and address anemia in pregnant women.

Thirty-two pregnant women participated in the outreach program. Prior to the outreach program, a pre- and post-test using a questionnaire assessed their knowledge of the causes, effects, and prevention of anemia, as well as the importance of consuming foods rich in iron, folic acid, and vitamin B12. The educational session used PowerPoint presentations.

The pre-test results of 32 (100%) pregnant women showed that the majority of pregnant women 21 (65,6%) still had insufficient understanding of anemia, while after the intervention, the post-test showed that some (56,3 %) had sufficient knowledge regarding anemia prevention and management.

It can be concluded that education about anemia in pregnant women is essential for the health of both mother and fetus during pregnancy. Through an effective educational approach, it is hoped that pregnant women will adopt a healthy diet that supports optimal fetal health and development.

INTRODUCTION

Anemia in pregnant women is a common condition due to a lack of red blood cells or hemoglobin, which can cause the body to lack oxygen. The main causes of anemia include iron, folic acid, and vitamin B12 deficiencies. The impact on pregnant women can be in the form of fatigue, dizziness, the risk of premature delivery, and low birth weight. Therefore, the prevention and management of anemia with a healthy diet is

very important. (Ministry of Health of the Republic of Indonesia, 2024)

Pregnancy is an important phase in a woman's life, where nutritional needs increase significantly to support the growth and development of the fetus. Anemia during pregnancy does not only affect the mother but also the baby she is carrying. Babies of mothers with anemia are at higher risk of growth retardation, impaired brain development, and lack of oxygen during

labor. (Haninggar, Rangkuti, Yuliani, et al., 2024)

According to WHO data, more than 40% of pregnant women worldwide suffer from anemia, with most cases caused by iron deficiency. Therefore, it is important to raise awareness regarding the prevention and treatment of anemia through a healthy diet that includes foods rich in iron, folic acid, and vitamin B12. An unbalanced diet, lack of nutritious food intake, and an unhealthy lifestyle can aggravate anemia.

In addition, other risk factors that can cause anemia in pregnant women include multiple pregnancies, too close pregnancy distances, and health conditions such as chronic diseases or indigestion that inhibit the absorption of nutrients. By understanding the causes and impacts, pregnant women can take the right steps to maintain their health and ensure optimal fetal growth.

Regular health check-ups during pregnancy are also important for detecting anemia early. Screening for hemoglobin levels can help determine if a pregnant woman needs further interventions such as iron supplementation or dietary changes. Therefore, the combination of a healthy diet, medical examination, and a good lifestyle is the main key in preventing and overcoming anemia in pregnant women.

METHOD

The method used in this activity is health counseling for pregnant women using PowerPoint media. Counseling is carried out with an educational approach that includes:

1. Material Delivery: Providing information about anemia in pregnant women, its causes, symptoms, impacts, and ways to prevent it through a healthy diet.
2. Discussion and Q&A: Provides an opportunity for participants to ask questions and discuss the information presented.

3. Comprehension Evaluation: Through questions and answers, participants are expected to understand the importance of preventing anemia and implementing an appropriate diet.

This counseling aims to increase the awareness of pregnant women about the importance of a healthy diet in preventing anemia and provide information that is easy to understand and apply in daily life.

RESULTS AND DISCUSSION

From the outreach activities held on Saturday, January 11, 2025, in the Kanoman Hamlet Community, 32 pregnant women demonstrated that those who participated in the PowerPoint presentation increased their understanding of anemia and how to prevent it.

Frequency Distribution of Knowledge about Anemia among Pregnant Women before the Outreach Intervention

No.	Case Education	Frekuensi (f)	Prosentase (%)
1	Good	2	6.3
2	Enough	9	28.1
3	Insufficient	21	65.6
Quantity		32	100.0

Frequency Distribution of Knowledge about Anemia in Pregnant Women after Counseling Intervention

No.	Case Education	Frekuensi (f)	Prosentase (%)
1	Good	14	43.8
2	Enough	18	56.3
3	Insufficient	0	0.0
Quantity		32	100.0

The evaluation conducted, most participants were able to explain again the causes of anemia, its impacts, and recommended foods to prevent anemia.

The interactive discussions also demonstrated that pregnant women are more aware of the importance of consuming foods rich in iron, folic acid, and vitamin B12. Furthermore, they gained insight into factors that inhibit iron absorption and how to address them.

From the results of this outreach, it can be concluded that the educational approach using PowerPoint media is effective in increasing pregnant women's awareness and understanding of anemia prevention. With this increased awareness, it is hoped that pregnant women will adopt healthy eating patterns that support their health and that of their fetuses.

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