

EFFECT OF ZINC SUPPLEMENTATION ON CHRONIC ENERGY MALNUTRITION IN THIRD SEMESTER PREGNANT WOMEN TO LEVELS OF SERUM ZINC AND RETINOL IN POST PARTUM WOMEN

Zinc deficiency in pregnant women has been associated with various conditions in babies born, one of whom was an infant with low birth weight. Effect of zinc supplementation in pregnant women may increase serum levels of zinc and vitamin A supplementation with high doses may increase the serum retinol levels. The aims of this study to examine the effect of zinc supplementation in pregnant women with chronic energy deficiency in the third trimester of pregnancy on levels of serum zinc and retinol when the mother had postpartum. The population in this study were all pregnant women in the third trimester of study sites. Respondents were trimester pregnant women with chronic energy deficiency with criteria upper arm circumference $< 23,5$ cm by 32 people. Data collection techniques were questionnaire, food recall, food frequency questionnaire, anthropometry, blood sampling, and laboratory tests. Samples were taken from the population in inclusion criteria. They were then placed into groups using random allocation. The results of this study found that there were significant differences in levels of serum zinc $p=0,000 < \alpha (0,05)$ and no significant differences in levels of serum retinol ($p=0,624 > \alpha (0,05)$) in the treatment group. Serum zinc levels increased after supplementation, but decreased serum retinol levels after supplementation. The conclusions: zinc supplementation can increase serum zinc levels but needed adequate protein intake to increase serum retinol levels.

Keywords: *zinc supplementation, serum zinc, serum retinol, post partum women*

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