Kasus Praktikum 7

Kasus1
Penggunaan Grafik CDC dan pengkategoriannya

Sekelompok mhasiswa Unisa Yogyakarta melaksanakan pengabdian masyarakat di salah satu TK ABA. Kegiatan yang dilakukan mahasiswa tersebut adalah pengukuran antropometri siswa-siswi untuk mengetahui status gizi. Berikut ini adalah data yang diperoleh dari hasil pemeriksaan siswa TK ABA.

No. Responden	Nama Siswa	UMUR (th,bln)		BB (kg)	TB (Cm)
		L	P		
1	Adinda		5,3	19	107
2	Alika		5,6	13	101
3	Alya		6,6	21	112
4	Rahmatul A		6,3	16	108
5	Arrafif	6,6		16	112
6	Arsa	6,6		22	118
7	Bagas	6,5		30	113

1. Masukkan data di atas dalam grafik CDC!
2. Kategorikan status gizi berdasarkan grafik CDC!

Kasus 2
Penilaian Status Gizi Pra hamil dan peningkatan BB dari masing-masing kategori status gizi ibu hamil.
Seorang Ibu hamil (26 tahun) dengan usia kehamilan 24 minggu memeriksakan kondisi kehamilannya di PMB. Hasil pemeriksaan diperoleh: ibu tidak ada keluhan selama kehamilan, Hasil pemeriksaan antropometri BB hamil = 55 kg, BB sebelum hamil = 46 kg, TB = 156 cm, LiLA = 24 cm.

1. Hitunglah berapa IMT pra hamil ibu tersebut?

Diketahui :

BB sebelum hamil : 46 kg

-BB hamil 24 minggu : 55 kg

-TB : 156 cm

-LiLA : 24 cm

- IMT = BB : TB^2

- 46 : 1,56

- 46 : 2,43 = 18,90 kategori normal

2. Bagaimana cara menilai status gizi ibu hamil tersebut?

   Berdasarkan penilaian status gizi hasil pemeriksaan Antropometri ibu hamil 26 tahun dengan BB sebelum hamil 46 kg, TB =156 cm, memiliki indeks masa tubuh (IMT) nya yaitu 18,90 yang dikategorikan normal. Menurut WHO IMT antara 18,5-25 kg/m^2 termasuk kategori normal.

3. Apa kategori status gizi pada ibu hamil tersebut?

   Kategori status gizi pada Ibu hamil tersebut adalah normal.

4. Dengan penigkatan BB selama kehamilannya, apakah termasuk dalam kondisi normal? Berikan penjelasan!

   Peningkatan berat badan ibu hamil tersebut dikatakan normal, karena penambahan berat badan rata-rata untuk TM 2 (UK ibu = 24 minggu) normalnya 0,4 kg per minggu jika dihitung UK x 0,4 = 24 x 0,4 = 9,6 kg. Sedangkan peningkatan BB ibu sekarang hanya mencapai 9 kg, kesimpulannya peningkatan BB ibu tidak melampaui batas normal.

5. Sebutkan berapa peningkatan BB pada ibu hamil sesuai dengan kategori status gizi pra hamilnya! Tuliskan referensinya

   BB pra hamil : 46 kg
   Peningkatan BB waktu hamil : 9 kg

   Referensi :
   https://arali2008.wordpress.com/2009/02/11/menghitung-berat-badan-ideal-ibu-hamil/
   http://gizi.fk.ub.ac.id/berat-badan-optimal-kehamilan/
   https://rumusrumus.com/rumus-imt/

2 to 20 years: Boys
Stature-for-age and Weight-for-age percentiles

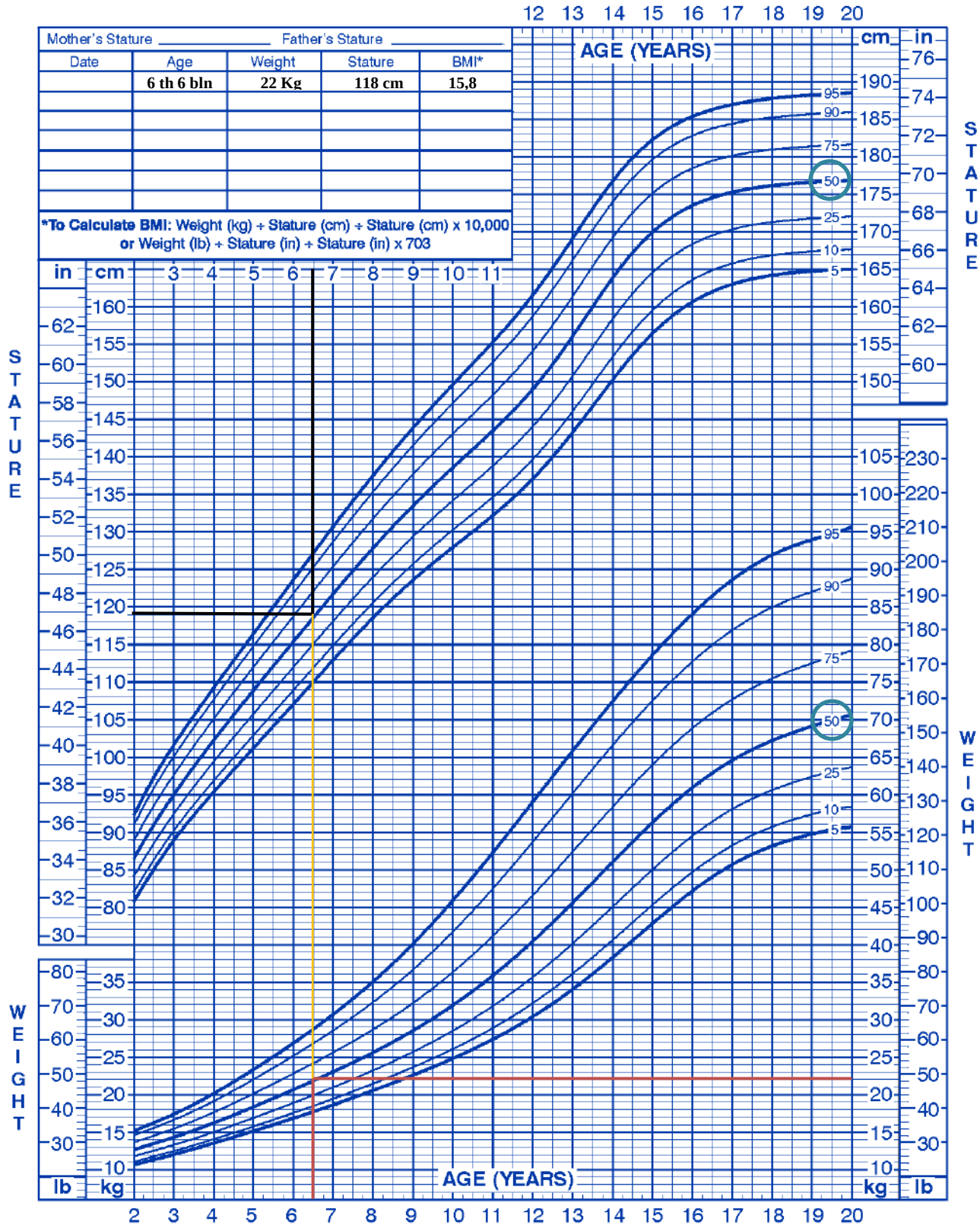
NAME ARSA (UNDERWEIGHT)

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	6 th 6 bln	22 Kg	118 cm	15,8

*To Calculate BMI: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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http://www.cdc.gov/growthcharts

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2 to 20 years: Girls
Stature-for-age and Weight-for-age percentiles

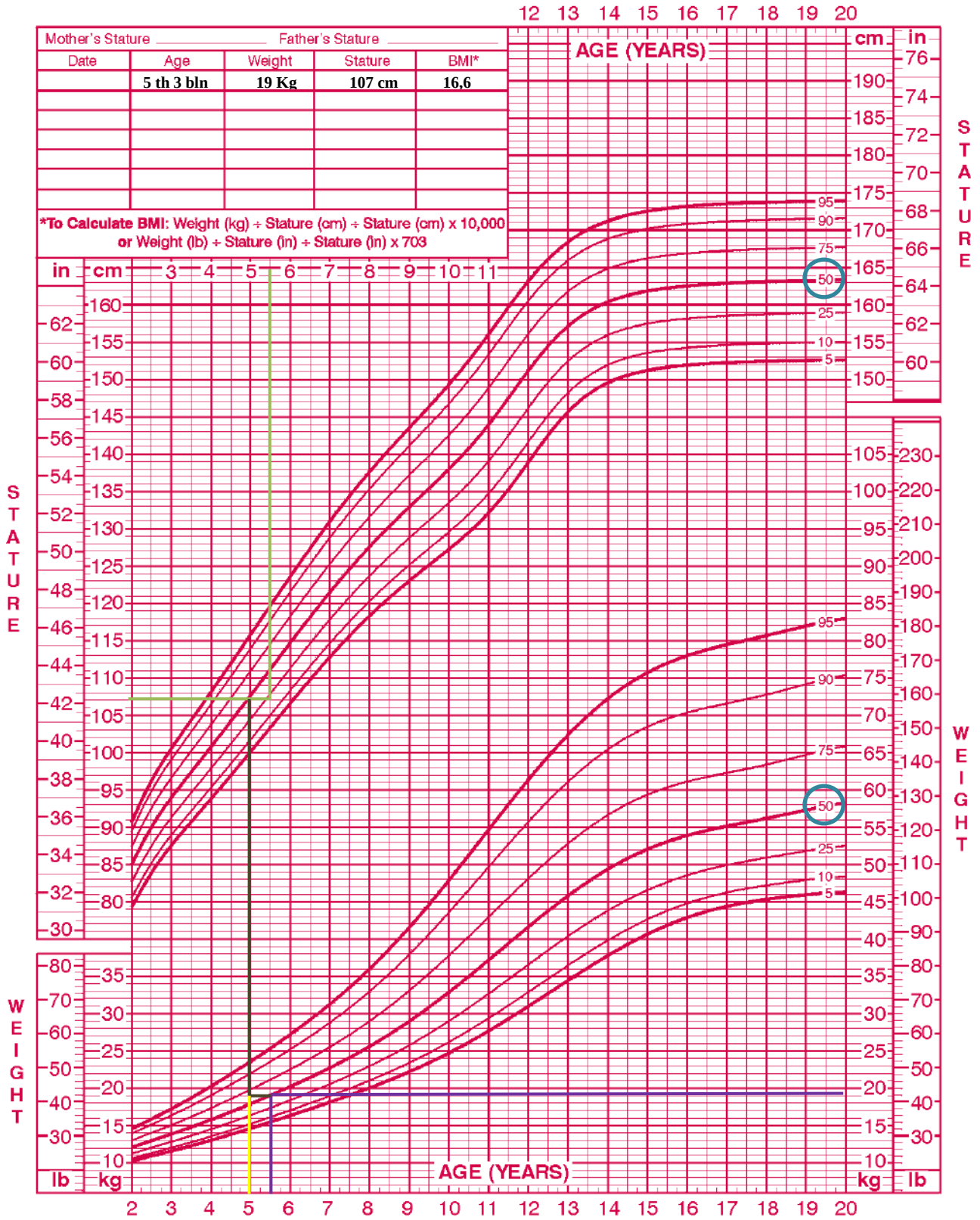
NAME ADINDA (UNDERWIGHT)

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	5 th 3 bln	19 Kg	107 cm	16,6

*To Calculate BMI: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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2 to 20 years: Boys
Stature-for-age and Weight-for-age percentiles

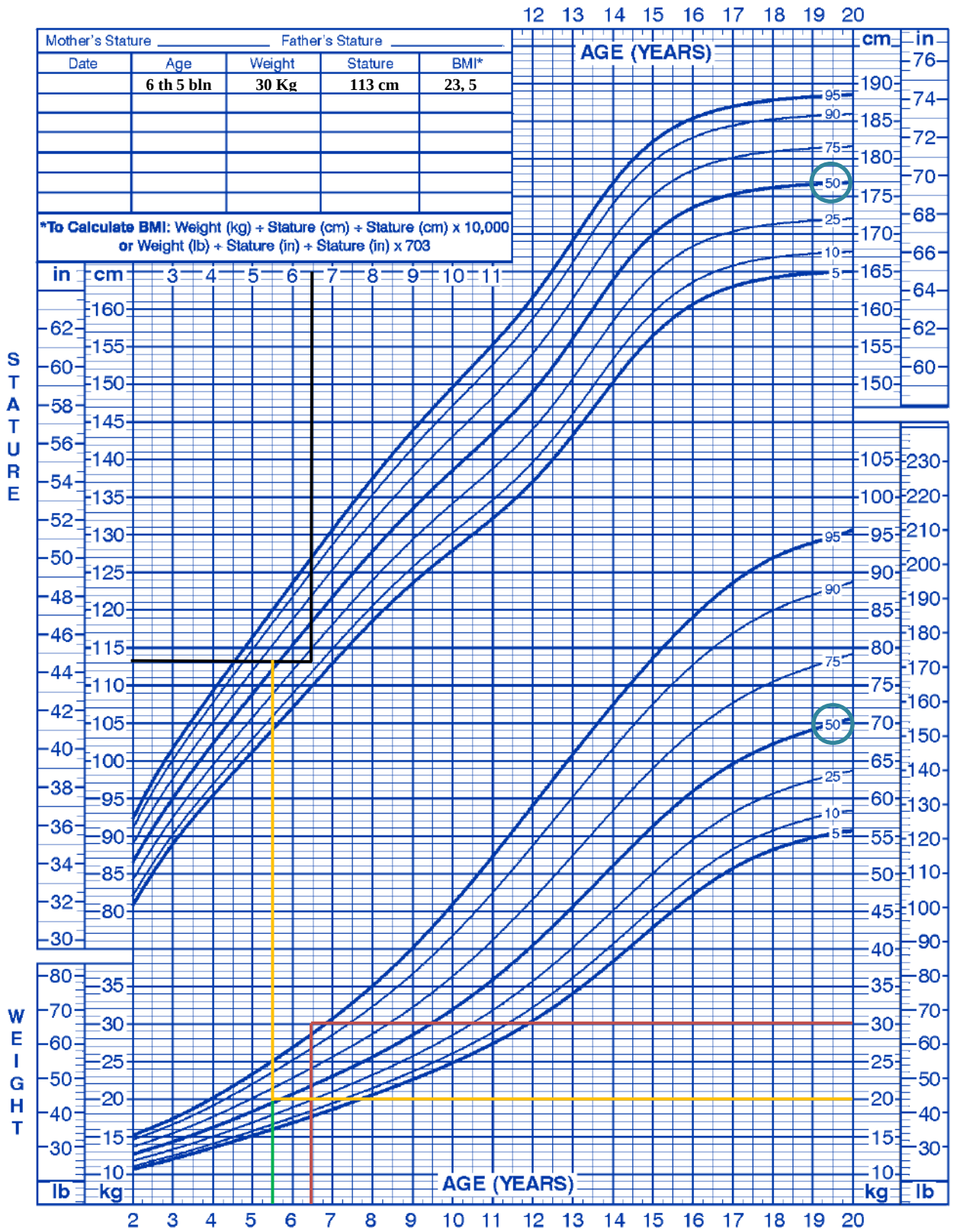
NAME BAGAS (NORMAL)

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	6 th 5 bln	30 Kg	113 cm	23, 5

*To Calculate BMI: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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2 to 20 years: Girls
Stature-for-age and Weight-for-age percentiles

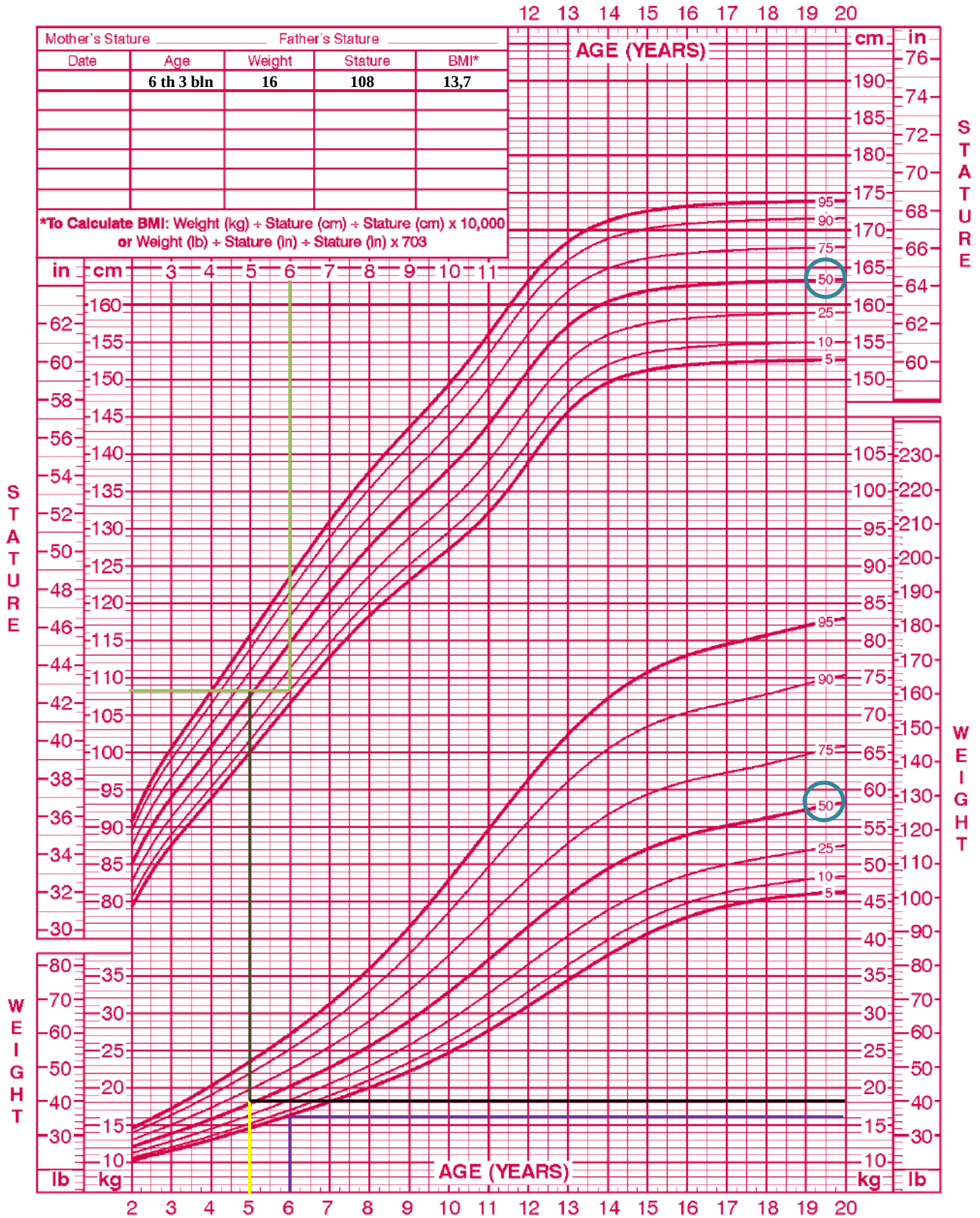
NAME **RAHMATUL A (UNDERWEIGHT)**

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	6 th 3 bln	**16**	**108**	**13,7**

***To Calculate BMI:** Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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2 to 20 years: Girls
Stature-for-age and Weight-for-age percentiles

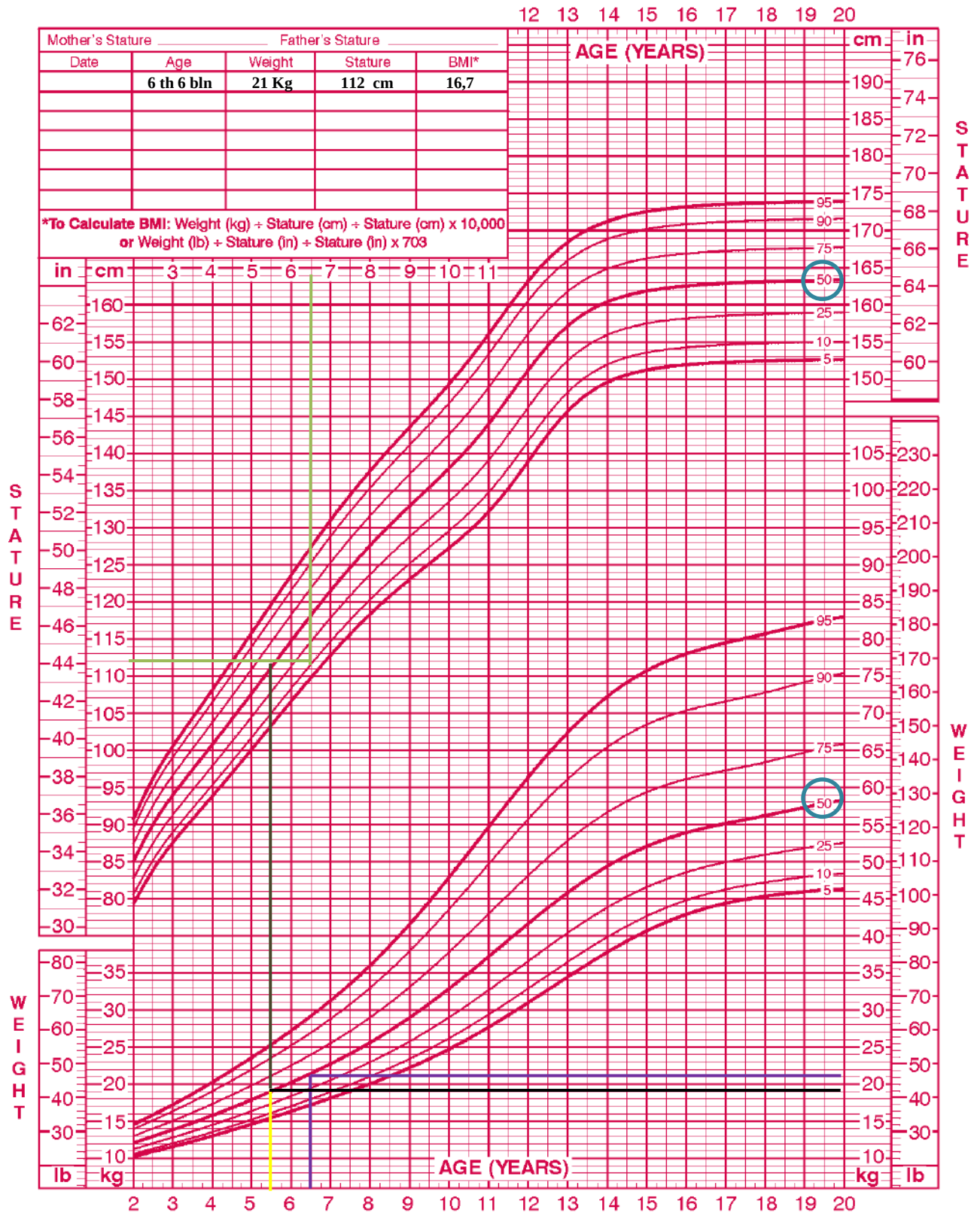
NAME ALYA (UNDERWEIGHT)

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	6 th 6 bln	21 Kg	112 cm	16,7

*To Calculate BMI: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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2 to 20 years: Boys
Stature-for-age and Weight-for-age percentiles

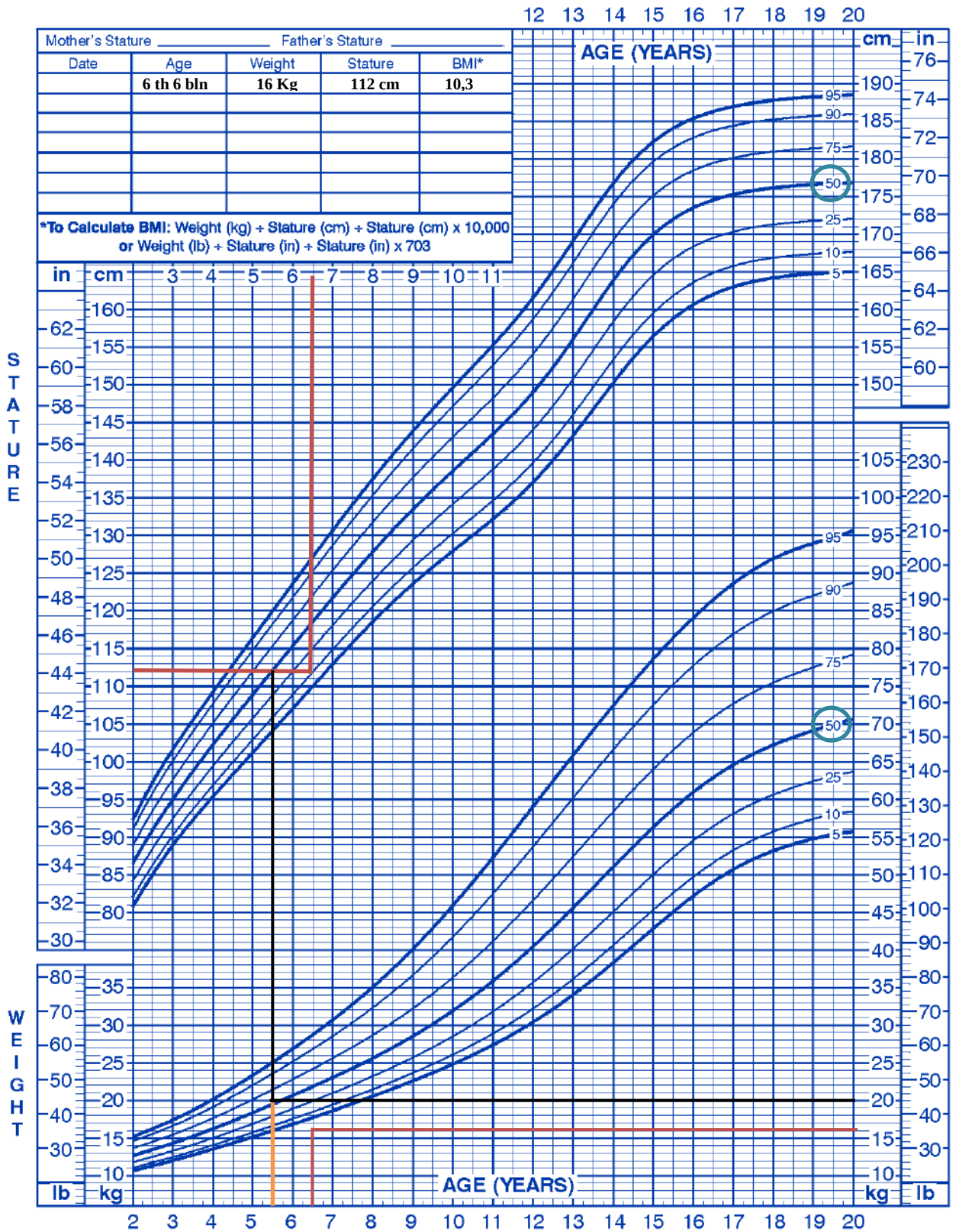
NAME ARRAFIF (UNDERWEIGHT)

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	6 th 6 bln	16 Kg	112 cm	10,3

*To Calculate BMI: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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2 to 20 years: Girls
Stature-for-age and Weight-for-age percentiles

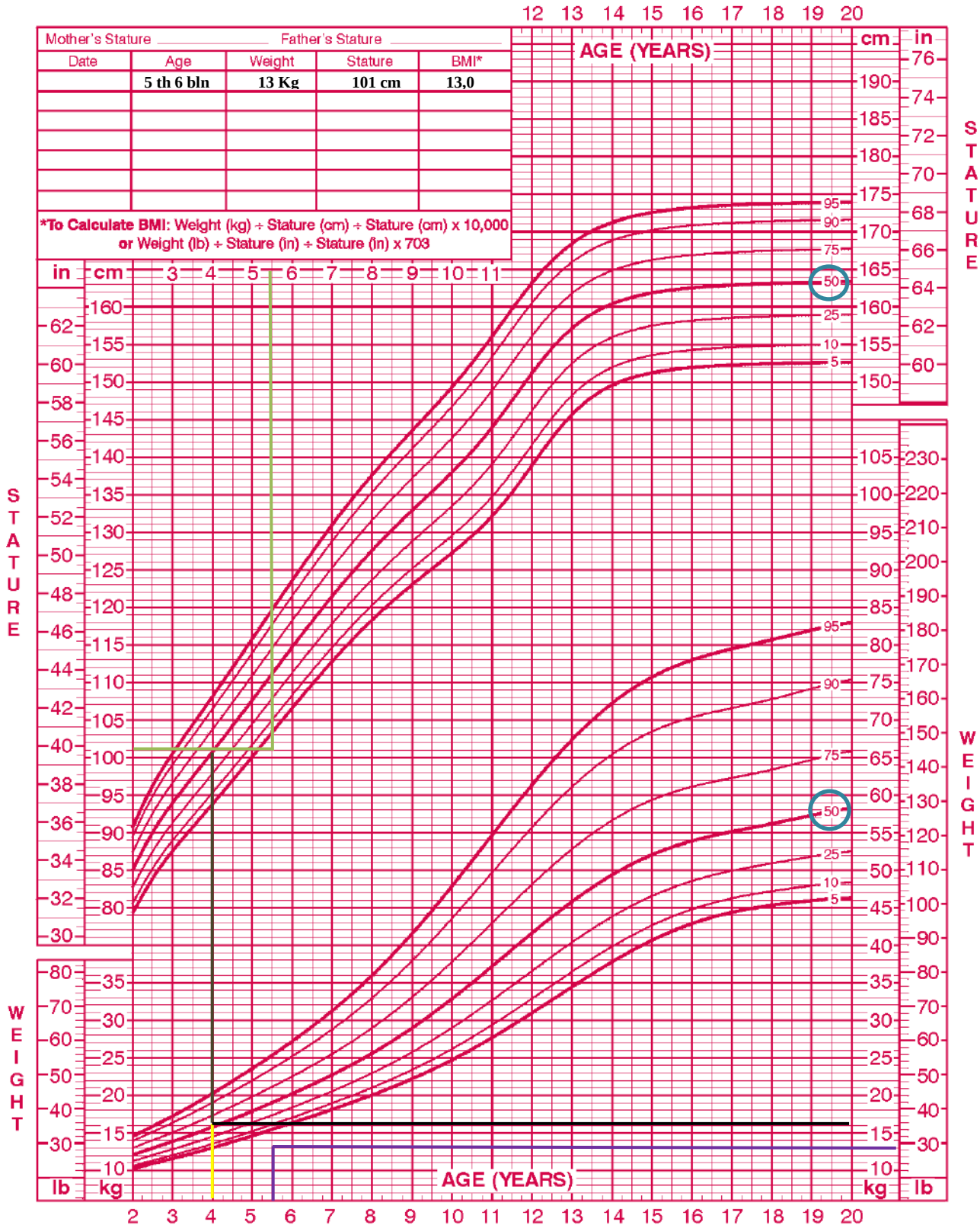
NAME ALIKA (UNDERWEIGHT)

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*
	5 th 6 bln	13 Kg	101 cm	13,0

*To Calculate BMI: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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