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IN WORKING AREAS OF PUSKESMAS SIDEMEN  
DISTRICT KARANGASEM BALI PROVINCE "**

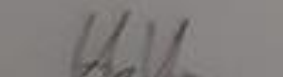
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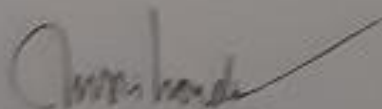
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Bangkok, Thailand



  
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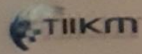
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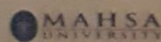
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### EARLY DETECTION OF ANEMIA IN WOMEN PRECONCEPTION IN WORKING AREAS OF PUSKESMAS SIDEMEN DISTRICT KARANGASEM BALI PROVINCE

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#### ABSTRACT

The incidence of anemia in pregnant women in Bali varies depending on the method and area of research carried out. The incidence of anemia in pregnant women in Sidemen District was reported at 80.5%. Although Sidemen Puskesmas has implemented mother and child health program and family nutrition improvement through giving 90 Fe tablets to pregnant women, but the incidence of anemia and other nutritional problems is still high. This is suspected because anemia has occurred in the preconception period. This research is aimed to know the description of anemia in the preconception period. A cross-sectional study was conducted on 162 pre-conception women or women 1 year after delivery. The sample is selected by the village cluster method. Pre-conception women who leave in selected villages will be selected as a sample. In all samples consent informed to act for approval as a participant in this research. Then each of them conducted interview to get information about sociodemographic and diet. They also performed anthropometric examinations, and examined hemoglobin levels to measure the incidence of anemia. The data of the research were analyzed descriptively to get an illustration of the incidence of anemia and analytic analysis to get the difference of hemoglobin level. The statistical test is a difference test with independence t test and chi-square test. The incidence of anemia in pre-conception women was 82.85%. The incidence of anemia in preconception women is more common in women with children <2 years of age, preconception age > average (31.84 years), low education level, non-working preconception women, more than 2 parity, SES status, and BMI with category of obesity. However, only the difference in parity variables expressed was statistically significant with  $p = 0.012$ . So it can be concluded that the incidence of anemia in preconception is still high. It is therefore advisable to make preconception women group as the targets of iron tablets so that anemia in preconception women can be suppressed and the anemia effect once they have had a pregnancy can be prevented.

**Keywords:** Anemia, preconception, pregnancy, cross sectional study, preventive





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