

## Mother's Knowledge About Nutritional Needs About Weight Gain During Pregnancy at Manda Clinic

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### ABSTRACT

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Mother's Knowledge of Nutritional Needs Regarding Weight Gain During Pregnancy, it is necessary to know that for this reason, there is an activity to deliver material on contraceptives which is an effort to help with Nutritional Needs and Weight Loss During Pregnancy. Energy requirements for a normal pregnancy require an additional 80,000 calories over a period of approximately 280 days. This means that you need an extra 300 calories per day during pregnancy. The results of the activity still need to be developed so that pregnant women pay more attention to weight gain during pregnancy.

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### 1. Introduction

A mother who has a balanced nutritional diet during her lifetime will remain healthy during pregnancy and can optimize her child's genetic potential. For pregnant women, basically all nutrients require additional, but what often becomes a deficiency is protein energy and some minerals such as iron and calcium (Sibagariang, 2011).

Energy requirements for a normal pregnancy require an additional 80,000 calories over a period of approximately 280 days. This means that you need an extra 300 calories per day during pregnancy. The energy hidden in protein is estimated at 5180 kcal, and fat 36,337 kcal. In order for this energy to be saved it still requires an additional 26,244 kcal of energy, which is used to convert the energy associated in food into metabolizable energy. Thus the total amount of energy that must be available during pregnancy is 74,537 kcal rounded up to 80000 kcal (Sibagariang, 2011).

Solutions for food for pregnant women are also needed so that nutritional needs are still met, mothers can work around this by eating a little at a time, but the intensity is more frequent. The food must also be chosen fresh and does not contain fat because it will stimulate nausea and vomiting. It is recommended to consume fresh fruit or make juices, vegetables, pastries and see food (Wibisono, 2011).

### 2. Methods

#### 2.1 Activity Steps

As a community service activity, the following preparations are carried out:

- a. Hold a meeting with the Head of the Manda Clinic in terms of supporting this activity and getting permission to carry out counseling
  - 1). Request permission from the Head of the Clinic for the implementation of Counseling activities on Nutritional Needs About Weight Gain During Pregnancy.
  - 2). Determination of participants who will take part in the counseling.
  - 3). Determination of community staff who participate in the smooth running of Counseling on Nutritional Needs About Weight Gain During Pregnancy.
  - 4). Determination of the facilities and infrastructure needed to support the

implementation of the extension activities.

- 5). Other things that are considered important in carrying out activities
- b. Coordination meeting with the activity implementation team in this case:
  - 1). Set the day, date of activity
  - 2). Place of activity
  - 3). Prepared equipment
  - 4). The committee that helped
  - 5). Amount of fees required
  - 6). Facilitators who participate in providing materials
  - 7). Things that are deemed necessary

## 2.1 Activity Process

- a. On February 4, 2019, data collection was carried out for participants who will take part in outreach activities regarding Nutritional Needs About Weight Gain During Pregnancy.
- b. Opening Ceremony.
- c. counseling on basic immunization, among others by doing:
  - 1). Lecture
  - 2). Questions and answers
  - 3). Discussion
- d. After the material is given, the basic immunization vaccine will be given for free.

## 3. Results and Discussion

### 3.1 Target Audience

This activity is targeted at pregnant women at the Manda Clinic, West Medan District in order to find out how the nutritional needs of increasing body weight during pregnancy are.

### 3.2 Linkages

In carrying out this service activity the field of science that is considered related to Weight Gain during Pregnancy.

### 3.3 Activity Method

The direction or purpose of this activity can be carried out with the Nutritional Needs About Weight Gain During Pregnancy, carried out at:

- a. The place :Manda Clinic Kec. West Medan
- b. Power :Darmo Midwifery Academy lecturers totaling 2 people
- c. Target :Pregnant mother

### 3.4 Evaluation Plan

In this case, the evaluation carried out is the evaluation of the status of knowledge on changes in behavior (knowledge, attitudes, and actions) of complementary feeding (mp-ASI) on the growth of infants 0-6 months so that the growth of infants 0-6 months becomes good, especially the growth of the digestive system. .

### 3.5 Supporting and Inhibiting Factors

#### a. Supporting factors

- 1). Enthusiasm for pregnant women is quite large
- 2). The Clinic and staff employees who provide time and place so that counseling can run well

#### b. Obstacle factor

Awareness of Pregnant Women to Conduct Counseling on Nutritional Needs in increasing Body Weight During Pregnancy.

## 4. Conclusions

The report on the implementation of community service activities in the form of counseling on the Nutritional Needs of Pregnant Women and Weight Gain held at the Manda Clinic, West Medan which can be stated as follows: The activities were carried out according to the goals and plans. This activity received a good response from the Clinic. This activity provides a new discourse for pregnant women to conduct counseling on the nutritional needs of pregnant women and weight gain during pregnancy.

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