THE CORRELATION BETWEEN CHRONIC ENERGY DEFICIENCY (CED) AND THE INCIDENCE OF ANEMIA AMONG PREGNANT WOMEN AT KARANGDOWO PUBLIC HEALTH CENTER

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ABSTRACT

Background: *Anemia in pregnant women remains a health problem that can increase the risk of pregnancy complications, childbirth complications, and impaired fetal growth and development. One of the factors suspected to be associated with anemia is Chronic Energy Deficiency (CED). Pregnant women with CED tend to have low energy and nutritional reserves, which may interfere with hemoglobin formation and increase the risk of anemia.* ***Objective:*** *To determine the relationship between Chronic Energy Deficiency (CED) and the incidence of anemia among pregnant women at Karangdowo Community Health Center.* ***Methods:*** *This study employed a quantitative method with an analytical observational design using a cross-sectional approach. The sample consisted of 178 pregnant women selected through disproportionate simple random sampling. Data were obtained from the 2025 medical records of pregnant women, including Mid-Upper Arm Circumference (MUAC) as an indicator of CED and hemoglobin (Hb) levels as an indicator of anemia. Data were analyzed using the Chi-Square test with a significance level of* $\alpha = 0.05$. ***Results:*** *A total of 39 respondents (21.9%) experienced CED, and 13 respondents (7.3%) were diagnosed with anemia. The analysis showed that the proportion of anemia was higher among pregnant women with CED compared to those without CED. The Chi-Square test yielded a p-value of 0.001 (*$p < 0.05$*), indicating a significant relationship between Chronic Energy Deficiency (CED) and the incidence of anemia among pregnant women at Karangdowo Community Health Center.* ***Conclusion:*** *There is a significant relationship between Chronic Energy Deficiency (CED) and the incidence of anemia among pregnant women at Karangdowo Community Health Center. Pregnant women with CED have a higher risk of developing anemia compared to those without CED.*

Keywords: *chronic energy deficiency, CED, anemia, pregnant women*