

**DESCRIPTION OF THE DIETARY HABITS OF PREGNANT WOMEN
SUFFERING FROM ANEMIA AT THE GROGOL PUBLIC HEALTH
CENTER IN SUKOHARJO REGENCY**

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ABSTRACT

Background: *The Maternal Mortality Rate (MMR) is an essential indication of a country's healthcare quality. Anemia in pregnancy is one of the leading causes of maternal death. Sukoharjo Regency has 12 Community Health Centers, one in each sub-district. Grogol Health Center is one of the health centers that ranks first, with 91 cases of pregnant women suffering from anemia.* **Objective:** *to learn about the dietary habits of pregnant women suffering from anemia at the Grogol Health Center in Sukoharjo Regency.* **Method:** *the type of research method used in this research is descriptive quantitative survey method.* **Results:** *As many as 45 (84.9%) respondents were classified as having mild anemia, whereas 8 (15.1%) were classified as having moderate anemia. According to the findings of the research on the dietary habits of pregnant women suffering from anemia, there are as many as 14 (26.4%) respondents in the good category, 34 (64.2%) respondents in the adequate group, and 5 (9.4%) respondents in the less category.* **Conclusion:** *At the Grogol Health Center, the majority of pregnant women who experience anemia are in the mild anemia category, and the dietary habits of pregnant women suffering from anemia are typically moderate.*

Keywords: *Pregnant Women, Dietary Habits, Anemia*