

PERBEDAAN STATUS GIZI DAN STATUS ANEMIA PADA SISWA SEKOLAH MENENGAH ATAS (SMA) PENERIMA DAN TIDAK PENERIMA PROGRAM MAKANAN BERGIZI GRATIS (MBG) TAHUN 2026

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ABSTRAK

Status gizi dan anemia pada remaja masih menjadi permasalahan kesehatan yang memerlukan perhatian. Program Makan Bergizi Gratis (MBG) merupakan salah satu upaya pemerintah untuk meningkatkan akses siswa terhadap makanan bergizi, namun bukti mengenai perbedaan kondisi gizi antara siswa penerima dan tidak menerima MBG pada jenjang SMA masih terbatas. Penelitian ini bertujuan menganalisis perbedaan status gizi berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U), status anemia, konsumsi *ultra-processed food/sugar-sweetened beverages* (UPF/SSB), keragaman pangan (DDS-9), dan status sosial ekonomi antara siswa SMA penerima dan tidak menerima MBG, serta mendeskripsikan kepatuhan konsumsi MBG. Penelitian menggunakan desain *cross-sectional* dengan 431 siswa, terdiri atas 263 siswa penerima MBG dan 168 siswa yang tidak menerima MBG. Data dikumpulkan melalui pengukuran antropometri, pemeriksaan hemoglobin, dan kuesioner, kemudian dianalisis menggunakan Pearson Chi-square, Mann-Whitney, serta analisis lanjutan Kruskal-Wallis dan Dunn. Hasil menunjukkan tidak terdapat perbedaan status gizi berdasarkan IMT/U antara kedua kelompok ($p=0,166$), tetapi terdapat perbedaan status anemia ($p=0,002$), DDS-9 ($p<0,001$), SES ($p<0,001$), dan konsumsi UPF/SSB ($p<0,001$). Pada kelompok MBG, 41,4% responden tidak patuh dan 29,7% patuh. Kesimpulannya, status gizi berdasarkan IMT/U tidak berbeda, sedangkan status anemia, keragaman pangan, status sosial ekonomi, dan konsumsi UPF/SSB menunjukkan perbedaan antara kelompok penerima dan tidak menerima MBG.

Kata Kunci: Program Makan Bergizi Gratis (MBG), Status Gizi, Status Anemia, Remaja

DIFFERENCES IN NUTRITIONAL STATUS AND ANEMIA STATUS AMONG HIGH SCHOOL STUDENTS WHO DID AND DID NOT PARTICIPATE IN THE FREE NUTRITIOUS MEAL PROGRAM (MBG) IN 2026

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ABSTRACT

Nutritional status and anemia among adolescents remain health issues requiring attention. The Free Nutritious Meal Program (MBG) is a government effort to improve students' access to nutritious food; however, evidence on differences in nutritional conditions between high school students receiving and not receiving MBG remains limited. This study aimed to analyze differences in nutritional status based on Body Mass Index-for-Age (BMI-for-age), anemia status, ultra-processed food/sugar-sweetened beverage (UPF/SSB) consumption, dietary diversity (DDS-9), and socioeconomic status between high school students receiving and not receiving MBG, and to describe adherence to MBG consumption. A cross-sectional design was used among 431 students, comprising 263 MBG recipients and 168 non-recipients. Data were collected through anthropometric measurements, hemoglobin testing, and questionnaires, then analyzed using Pearson's chi-square, Mann-Whitney U, and additional Kruskal-Wallis and Dunn tests. No difference was found in nutritional status based on BMI-for-age between the two groups ($p=0.166$), whereas differences were found in anemia status ($p=0.002$), DDS-9 ($p<0.001$), socioeconomic status ($p<0.001$), and UPF/SSB consumption ($p<0.001$). Among MBG recipients, 41.4% were non-adherent and 29.7% adherent. In conclusion, nutritional status based on BMI-for-age did not differ, whereas anemia status, dietary diversity, socioeconomic status, and UPF/SSB consumption differed between students receiving and not receiving MBG.

Keywords: *Free Nutritious Meal Program (MBG), Nutritional Status, Anemia Status, Adolescents*