

**RELATION BETWEEN GAINING WEIGHT DURING PREGNANCY
AND LOW BIRTH WEIGHT (BBLR) IN CENTRAL METRO DISTRICT
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ABSTRACT

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Nutritional problem causes the death for mother and children indirectly but it can be avoided. Inadequate nutrition intake and the nutrition status for expectant mother during pregnancy can cause many disorder for mother and also for the children. The aim of this study is to know the relation of weight gain during pregnancy due to BBLR in central Metro district areas.

This research is observational research with cross sectional study. This reseach conducted on October 2014 in Central Metro puskesmas. The population was the expectant mother that had done ANC examination in Central Metro district areas with total sample were 96 persons. Data analyze was using chi square.

The result shown the mean of weight gain for expectant mother was 12,06 kg, the mean of neonatus weight in kecamatan Central Metro are normally 2726 gr with BBLR prevalence was 34,3%. There was significant relation between gaining weight of expectant mother during pregnancy due to BBLR in Kecamatan Central Metro areas with $p = 0.000$. Conclusion gaining weight of expectant mother during pregnancy related with BBLR.

Keywords: BBLR, expectant mother nutrition, pregnancy, gaining weight during pregnancy