

Smart Mom, Adequate Nutrition, Healthy Kids

Dyah Woro Kartiko Kusumo Wardani, Baharika Suci Dwi Aningsih *, Agustina Ida Pratiwi,
Yetty Leoni Irawan, Lorensia Panselina Widowati, Dewi Novitasari Suhaid,
Ni Nyoman Sri Artina Dewi, Margaretha Kusmiyanti, Mitra Kadarsih
Sekolah Tinggi Ilmu Kesehatan Sint Carolus, Jakarta

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ABSTRACT

Nutritional status is a measure of success in balancing the needs and fulfillment of children's nutrition, as indicated by the weight and height of children based on their age (Menteri Kesehatan Republik Indonesia, n.d.). Malnutrition is a serious condition in which a person's food intake does not match the nutrients they need. The 2018 Global Nutrition Report shows that Indonesia is among 17 countries that have three nutrition problems at once, called multiple nutrition problems. These include stunting, wasting, and overweight (obesity) (Global Nutrition Report, 2018). The most common nutritional problem in Indonesia is undernutrition. Children under five years old (0–5 years) are the age group that most often suffers from malnutrition or is one of the groups of people who are vulnerable to nutrition. The most decisive intervention in reducing the prevalence of stunting is in the first 1000 days of life of the child, or before the age of 2 years, because the growth of children aged 2–3 years has slowed down so that the process of catching up at this age has a smaller chance than the age of 6–24 months (Kusuma, 2013; TNP2K, 2017). The form of efforts made to prevent and overcome malnutrition in children is by providing counseling related to child growth and development and balanced nutrition in children to increase mothers' knowledge related to growth and development and balanced nutrition. This activity began by approaching partners to determine the date and process of activities planned for June 16, 2023, at the Teratai Putih Posyandu, Paseban Village, Senen District.

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Corresponding Author:

Baharika Suci Dwi Aningsih
Sekolah Tinggi Ilmu Kesehatan Sint Carolus
Email: baharika.suci@gmail.com

INTRODUCTION

The weight and height of children according to age indicate the nutritional status, which is a gauge of how well the needs and fulfillment of children's nutrition have been balanced (Menteri Kesehatan Republik Indonesia, n.d.). Malnutrition is a serious condition where a person's food intake does not match the nutrients they need. The 2018 Global Nutrition Report shows that Indonesia is among 17 countries that have three nutrition problems at once, called multiple nutrition problems. Nutrition problems in Indonesia include stunting, wasting, and being overweight.

According to the Indonesian Nutrition Status Study Survey, the prevalence of stunting or malnutrition in Indonesia currently stands at 21.6%, which is far from the target in the 2020–2024 National Medium-Term Development Plan (RPJMN) of 14 percent and the WHO standard of <20% (Fathurachman M, 2023; Kementerian Kesehatan Indonesia, 2021). The most common nutritional problem in Indonesia is malnutrition.

Children under five years of age (0–5 years) are the age group that most often suffers from malnutrition or is one of the groups of people who are vulnerable to nutrition.

In developing countries, children aged 0–5 years are the most nutritionally vulnerable. Children usually suffer from various infections and have a low nutritional status. Children aged 12–23 months fall into the 6–24 month age category, which is when critical growth periods and growth failure begin to appear.

The consumption of food nutrients in a person can determine the achievement of a level of health, often called nutritional status. When the body is at an optimum level of health, where the tissues are saturated by all nutrients, it is called optimum nutritional status. In this condition, the body is free from disease and has the highest possible resistance (Adriani dan Wirjatmadi, 2012; Kementerian Kesehatan RI, 2017).

The government is conducting supplementary feeding to address nutrition problems in Indonesia. The government will switch from supplementary feeding with biscuits to supplementary feeding with local foods. This supplementary feeding with local food is served ready to eat by Posyandu and cooked by cadres with a special menu that meets nutritional needs, both protein and other nutritional needs. In addition to providing additional food with local food, the most important thing is to educate mothers on how to feed their children. This aims to pursue a reduction in stunting rates to 14% by 2024. A number of factors that influence the reduction of stunting include early breastfeeding initiation, exclusive breastfeeding, animal protein provision, and nutrition counseling (Supariasa et al., 2016)

Since the growth of children between the ages of 2–3 has slowed down and there is less chance of a catch-up process at this age than there is at 6–24 months, the most important intervention to reduce the prevalence of stunting occurs in the first 1000 days of a child's life or before the age of 2 years (Kusuma, 2013; Marchianti et al., 2017; TNP2K, 2017)).

METHOD

The project began with the planning stage by creating a proposal and conducting a problem analysis related to the counseling theme. This involved developing proposals, coordinating the implementation schedule with health workers at Posyandu Teratai, and organizing materials and activity schedules. The preparation phase took place from June 14, 2023, until the day before implementation. The implementation phase occurred on June 21, 2023, at 09.00 at the Teratai Putih Posyandu in Paseban Village, Senen District.

RESULTS

Community service activities on June 21, 2023, at 09.00 WIB ran smoothly. Participants who attended the counseling activities were mothers and fathers who brought their children to monitor their growth and development at the Teratai Putih Posyandu. The number of participants was 27. Community service activities on June 21, 2023, at 09.00 WIB ran smoothly. Participants who attended the counseling activities were mothers and fathers who brought their children to monitor their growth and development at the Teratai Putih Posyandu. The number of participants was 27. Children who attended the counseling activities were mostly < 2 years old (59%). This age is included in the first 1000 days of life, which still require adequate nutrition for the growth and development process.

Before the activity took place, participants were asked to fill out a pretest questionnaire of 12 questions for approximately 15 minutes. The counseling activity was opened by the moderator with the introduction of the speaker and teaching the clap “Smart Mothers, Adequate Nutrition, Healthy Children”.



Figure 1. Opening by the Head of Teratai, Putih Posyandu

After that, the first speaker presented material related to child growth and development, especially in the first 1000 days of life, and how to monitor it. The material was given using PowerPoint and pictures so that participants were more interested. Participants seemed enthusiastic about the material provided, as illustrated by the number of participants who asked questions.



Figure 2. Material Presentation 1

The second material on adequate nutrition was given using lecture and discussion methods. The lecture used illustrated PowerPoints to make it more interesting and easy to understand. Questions asked during the counseling activities included whether genetics affect children's height and how much is a normal increase in children's weight. All questions could be answered well by the speaker, and mothers understood the answers given. The counseling activities were conducive, and the participants seemed enthusiastic and excited about the material provided.



Figure 3. Material presentation 3

At the end of the activity, the MC guides give prizes to participants who ask questions and can answer questions related to adequate nutrition and how to detect child development and growth. After the session ended, participants were asked to fill out a post-test to measure their knowledge after being given counseling.



Figure 4. Gift giving

The results of the evaluation of counseling activities with pre- and post-tests were obtained:

From the evaluation results of 27 counseling participants, it was found that there was an increase in knowledge (58%) between before and after counseling related to growth, development, and adequate nutrition. Thus, this counseling succeeded in increasing the knowledge of mothers related to child development, growth, and adequate nutrition.

CONCLUSION

The community service entitled “Smart Mothers, Adequate Nutrition for Healthy Children” at Posyandu Teratai Putih ran smoothly and successfully. The counseling participants were parents who brought their children for growth and development monitoring at Teratai Putih Posyandu, Paseban Village, Senen District. Counseling materials were given comprehensively, including growth, development, how to detect child growth and development, and adequate nutrition. The counseling process went very well, as evidenced by the enthusiasm of the participants during the presentation of the material and the increase in the value of the measurement of knowledge between the pretest and posttest.

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