

Socialization of Stunting Prevention with Education to Improve Diet

Asriati^{1,a)}, Natalia Paskawati Adimuntja¹⁾, Zul Fikar Ahmad²⁾

¹Fakultas Kesehatan Masyarakat, Universitas Cenderawasih, Jayapura Papua, Indonesia

²Fakultas Olahraga dan Kesehatan, Universitas Negeri Gorontalo, Gorontalo, Indonesia

^{a)}Corresponding Author: asriepyd@gmail.com

Abstract

Elderly is an advanced stage of the life process decreasing the body's ability to adapt to the environment. Degenerative disease is a disease that occurs due to decreased organ function, including hypertension, rheumatoid arthritis, stroke, diabetes mellitus. Various strategies are pursued to improve health status and reduce morbidity in the elderly. One of them is through physical activity that is in accordance with the physical condition of the elderly and is carried out regularly. In addition, increasing knowledge through counseling which aims to help the elderly make decisions and determine a healthy lifestyle. The purpose of this activity is to improve the quality of life of the elderly. The method used is by doing elderly exercise with pre and post blood pressure checks so that it can be seen the significance of the benefits of exercise. In addition, counseling was carried out using lecture, discussion and question and answer methods. The target audience for this community service program is the elderly (elderly) in the Poskesdes Village of Benteng who are physically categorized as doing sports / physical activity for the elderly. The results of this activity show that the effectiveness of elderly gymnastics has an effect on reducing blood pressure. And from counseling, the results of the evaluation show that the elderly understand and understand the concept of healthy elderly people related to the pandemic.

Keywords: Elderly, elderly gymnastics, counseling

INTRODUCTION

Stunting is a condition of failure to thrive in children under five due to chronic malnutrition and recurrent infections, especially in the first 1,000 days of life (Kemenkes RI, 2020). Children are classified as stunting if their length or height is below minus 2 standard deviations of height for their age (BPS, 2020). Stunting conditions cause children to be more vulnerable to chronic diseases and experience physical growth and cognitive development delays (Vaivada et al., 2020). This requires efforts to improve nutrition (Zhu et al., 2021).

The World Health Organization targets to reduce stunting by 40% by 2025. Globally, there are 149.2 million children under 5 years of age suffering from stunting in 2020. This number could increase due to constraints in accessing nutritious food and nutritional services during the Covid-19 pandemic (WHO, 2020).

The prevalence of stunting in Papua Province is 29.5%. Data on the prevalence of stunting under five by district/city in Papua province, the highest is the Bintang Mountains District (55.4%) and the lowest is Nabire District (20.6%). While the prevalence data for the city of Jayapura is 22.9% (Kemenkes RI, 2021). Based on data from interviews with health workers at the Koya Barat Health Center, it is known that there are still cases of stunting under five from 769 children under five in 2021 in the Koya Barat and Koya Timur sub-districts. Based on these data, it shows that stunting cases are still found amid efforts to improve nutrition by the government, especially in Jayapura City to accelerate the reduction of stunting rates.

Proper nutrition prevention and intervention supports the acceleration of nutrition and health improvement towards Papua's golden generation. Stunting prevention efforts can be carried out through advocacy as well as communication, information and education related to stunting. Given the impact that can be caused if a person experiences stunting, it is very important to prevent stunting. Efforts that can be made are through education to improve diet. The socialization of stunting prevention with education on improving diet is expected to provide

understanding to mothers of toddlers to pay more attention to parenting patterns, especially in terms of feeding toddlers.

METHOD

Table 1. Activity Methods

1. Preparation	<ol style="list-style-type: none">1. Survey and determining the location of the activities of the service team for mothers under five at the Telaga Posyandu, the Work Area of the Koya Barat Health Center as a location for community service activities that have been approved by the Puskesmas. Participants in this activity are mothers of toddlers at the Telaga Posyandu, Koya Health Center Work Area.2. The preparation of counselling materials is carried out by the UNCEN community service team based on the suitability of the scientific background of each service team.3. Tools and materials used in training activities include:<ol style="list-style-type: none">a. Education; infocus, sound system, laptop, pens, leaflets.
2. Activity stage	<ol style="list-style-type: none">1. The team distributed leaflets2. The speaker explained the material about stunting to the participants.3. Discussion and Q&A with participants
3. Methods	<ul style="list-style-type: none">- Method of delivering material using the lecture method- Evaluation method by measuring the increase in knowledge through question and answer with participants

RESULTS AND DISCUSSION

This community service activity is carried out by a community service team who is a lecturer from the epidemiology department of the Faculty of Public Health, Cenderawasih University with implementers namely Asriati, SKM, MPH and Natalia Paskawati Adimuntja, SKM., M.Kes.

This service activity is entitled Socialization of Stunting Prevention with Education on Dietary Improvement. This activity has been carried out at the Telaga Posyandu in the Koya Timur Village, the Work Area of the Koya Barat Health Center. This community service aims to provide education to mothers of toddlers about the importance of a good diet for stunting prevention, as well as provide an introduction to mothers of toddlers about the dangers of stunting.

In more detail, the material provided in this community service is in the form of; (1) Information on the definition of stunting, (2) information on the signs and symptoms of stunting, (3) Information on how to prevent stunting. Stunting can be prevented by meeting nutritional needs since pregnancy, providing exclusive breastfeeding for 6 months, accompanying exclusive breastfeeding with healthy complementary foods, monitoring child growth and development, and always maintaining a clean environment.



Figure 1. Stunting Education Leaflet

Community service activities carried out at the Telaga Posyandu, Koya Timur Village, Muara Tami District, on June 25, 2022, were attended by around 15 mothers of toddlers. The activity began with an examination of children's growth and development at the Posyandu by a puskesmas officer, followed by an examination for malaria on mothers and children under five by a puskesmas officer, and then socialization about stunting and education on improving diet by the Uncen FKM service team. In this activity, the Uncen FKM service team also provided biscuits as a form of concern for improving toddler nutrition at the East Telaga Koya Posyandu.



Figure 2. Providing information about stunting and measuring body weight



Figure 3. Service Team, Community Health Center Officers, Mothers of Toddlers, and Toddlers of Posyandu Telaga Koya Timur

Mothers under five who participated in stunting socialization activities based on the results of short interviews did not know about stunting and its impact on stunting, so that this socialization made them very enthusiastic to know about stunting and how to prevent it.

Stunting is a condition of short or very short body based on the index of Body Length for Age (PB/U) or Height for Age (TB/U) with a threshold (z-score) between -3 SD to < -2 SD. Mother's knowledge about nutrition is very influential on attitudes and behavior in food selection. In order for children to get good nutritional intake, parents need knowledge about good nutrition (Olsa, Sulastri and Anas, 2018). (Edwin Daniele).

This service activity is expected to provide an introduction to mother's knowledge about stunting and improvement of toddler nutrition. Knowledge is the result of knowing and occurs after someone senses a certain object. Sensing in question can occur through the five human senses such as sight, hearing, smell, taste, and touch. Knowledge can also be obtained through information from other parties either through hearing, seeing directly, and through communication tools such as television, radio, books, leaflets, and others (Notoatmojo, 2012). Leaflets can provide increased knowledge about stunting and improvement of diet for mothers under five at the East Telaga Koya Posyandu.



Figure 4. Public Bathrooms and Toilets for Telaga Posyandu Residents



Figure 5. Drinking Water and Clean Water Sources for Telaga Posyandu Residents

The physical environment in which the Telaga Posyandu is held shows that the house of a mother under five does not meet the requirements for a healthy home with no latrines in the house. The only public bathroom used by all residents in the Telaga Posyandu area is not well maintained. The main source of drinking water used which is accommodated in a reservoir and used jointly by all residents around Telaga Posyandu.

Stunting in children occurs because of the long-term results of chronic consumption of low-quality diets combined with morbidity, infectious diseases, and environmental problems (Semba et al, 2008). Environmental factors such as water, sanitation and hygiene are associated with stunting. Sources of drinking water and clean water are significantly associated with the incidence of stunting in several studies. Good sources of clean water and drinking water are protected clean water flowing down to the household level such as tap water or protected springs such as the use of boreholes which are at least 10 meters away from the disposal of sewage/garbage (Novianti, 2020). Although the source of drinking water and clean water provided for residents around the Telaga Posyandu is protected water, the availability of clean water is not sufficient for all residents. Residents use rainwater as another source of clean water. Hygiene and sanitation are environmental factors that are also associated with the incidence of

stunting. The ownership of latrines, the existence of sanitation facilities, and the behavior of defecation are factors related to the incidence of stunting (Novianti, 2020).

CONCLUSIONS AND RECOMMENDATIONS

Koya Timur is one of the sub-districts in Jayapura City which apparently has residents with low knowledge of stunting and living in a physical environment that does not meet the requirements and has an effect on stunting. So the need for attention from the local government to increase public knowledge about stunting, its dangers, and how to prevent it, as well as the need to improve the physical environment such as water sources and community hygiene behavior. Community service activities can also continue to be carried out with better methods.

REFERENCES

- Agustia, R., Rahman, N. and Hermiyanty, H. (2020) 'Faktor Risiko Kejadian Stunting Pada Balita Usia 12-59 Bulan Di Wilayah Tambang Poboya, Kota Palu', Ghidza: Jurnal Gizi dan Kesehatan, 2(2), pp. 59–62. doi: 10.22487/ghidza.v2i2.10.
- Kemendes RI (2014) Buku Ajar Imunisasi. Jakarta.
- Kemendes RI (2018a) Buletin Stunting, Kementerian Kesehatan RI.
- Kemendes RI (2018b) Riset Kesehatan Dasar. Jakarta.
- Kismul, H. et al. (2017) 'Determinants of childhood stunting in the Democratic Republic of Congo: Further analysis of Demographic and Health Survey 2013-14', BMC Public Health, 18(1), pp. 1– 14. doi: 10.1186/s12889-017-4621-0.
- Notoatmojo S. (2012) Promosi kesehatan dan perilaku kesehatan. Rineka Cipta. Jakarta
- Novianti, S. (2020) 'Hubungan Faktor Lingkungan Dan Perilaku Dengan Kejadian Stunting Pada Balita : Scoping Review', Jurnal Kesehatan komunitas Indonesia, 16(1), pp. 153–164.
- Nurdiana (2019) 'Faktor Risiko Kejadian Stunting Pada Balita Di Wilayah Kerja Puskesmas Godean I Yogyakarta Tahun 2019 Risk factors of stunting events in children in the godean i public health areas in yogyakarta , 2019', Journal Medika Respati, 14(4), pp. 309–320.
- Olsa, E. D., Sulastrri, D. and Anas, E. (2018) 'Hubungan Sikap dan Pengetahuan Ibu Terhadap Kejadian Stunting pada Anak Baru Masuk Sekolah Dasar di Kecamatan Nanggalo', Jurnal Kesehatan Andalas, 6(3), p. 523. doi: 10.25077/jka.v6i3.733.
- Paramashanti, B. A., Paratmanitya, Y. and Marsiswati, M. (2017) 'Individual dietary diversity is strongly associated with stunting in infants and 14 young children', Jurnal Gizi Klinik Indonesia, 14(1), p. 19. doi: 10.22146/ijcn.15989.
- Semba RD, de Pee S, Sun K, Sari M, Akhter N, Bloem MW. (2008) Effect of parental formal education on risk of child stunting in Indonesia and Bangladesh: a cross sectional study. The Lancet Article. 371:322-8
- UNICEF (2015) 'Multi-sectoral Approaches to Nutrition ':, pp. 1–4.
- World Health Organizatio (2019) Interpretation guide, Nutrition landscape information system (NLIS) Country Profile