

Improving the Ability of Kemuning Village Community to Overcome Stunting through Supplementary Food Provision and Health Checks

Fitria Budi Utami^{a)} Nuriyatul Fhatonah, Saru Noliqo Rangkuti, Anni Rohimah

Muhammadiyah A.R. Fachruddin University, Tangerang, Indonesia

^{a)}Corresponding author: fitriabudiutami.2005@gmail.com

ABSTRACT

Kemuning Village, Kresek sub-district, Tangerang has the advantage of adequate community self-sufficiency, starting from its aesthetic location, and many rice fields but its location is not too far from the city center. Although the stunting rate in this village has decreased, the relevant village government is not necessarily complacent by continuing to make preventive efforts, one of which is by accepting this community service team to provide additional food and also health checks. Some people who participated in the health check had blood pressure, blood sugar, cholesterol, and uric acid levels above normal.

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INTRODUCTION

There are several nutritional problems experienced by toddlers in Indonesia, namely obesity, stunting, anemia, thinness to malnutrition. However, the main focus in overcoming the nutritional problems of toddlers in Indonesia is stunting. This is in accordance with the results of a survey conducted by the World Health Organization (WHO) where the prevalence of stunting in the world is 151 million (22%), Indonesia itself occupies the third position in the Southeast Asia region at (36.4%) (Hidayah & Marwan, 2020). However, a 21.6% reduction by 2022 has been achieved. Indonesia targets to have only a 14% stunting problem by 2024. For this target to be successful, efforts continue to be made, as cited in (Liza Munira, 2023), stunting prevention is far more effective than stunting treatment. The efforts made are health and nutrition education, providing additional food and health checks, and giving blood-enhancing vitamins to adolescent girls.

Stunting itself based on the Ministry of Health in (Astuti et al., 2022) is a nutritional status based on the PB / U or TB / U index where in the anthropometric standard for assessing the nutritional status of children, the measurement results are at the threshold (Z-Score) <-2 SD to -3 SD (short/stunted) and <-3 SD (very short / severely stunted). The factors that cause stunting are very complex. The direct factors of stunting are food intake and health status. While indirect factors associated with stunting are parenting patterns, health services, maternal factors, and the household environment. Stunted toddlers increase the risk of decreased intellectual ability, inhibited motor skills, and productivity, and increased risk of degenerative diseases in the future. This is because stunted children tend to be more prone to becoming obese because people with short bodies also have low ideal body weight. An increase in body weight of just a few kilograms can make the person's Body Mass Index (BMI) rise beyond normal limits (Hossain et al., 2017).

Based on the magnitude of the impact caused by stunting and in order to reduce the rate of stunting, this community service was carried out in Kemuning Village. Kemuning Village is one of the villages in Kresek District, Tangerang Regency, Banten Province. The area of Kemuning Village is $\pm 1,025,537$ m². Kemuning Village consists of 4 RW and 20 RT. Kemuning Village has a total population of 10,097 people. Thus Kemuning Village has the advantage of adequate community self-sufficiency, starting from its aesthetic location, many rice fields but its location is not too far from the city center. Although the stunting rate in this village has decreased, the relevant village government is not necessarily complacent by continuing to make preventive efforts, one of which is by accepting this community service team to provide additional food and also health checks.

METHOD

This community service activity was carried out on Thursday, September 14, 2023. This community service method is persuasive, as is the distribution of foodstuffs directly to residents (Rohimah et al., 2023). This activity is divided into three, namely preparation, implementation, and evaluation.

Preparation Stage

The preparation stage of this activity includes making a plan for the time and place of the activity, collecting data on toddlers in each posyandu, discussing sources or presenters, meeting Kemuning Village KPM cadres to fix the activity, confirming to the village head related to the activity, sending a letter of request for sources, sending invitation letters, buying preparation for activity needs, preparing the day before the activity such as preparing the venue, tools such as projectors, chairs, PMT gifts, and so on. The participants in this counseling are mothers of toddlers, pregnant women, and also prospective brides in Kemuning Village.

Implementation Stage

At this stage, the team was divided into two, namely 2 people to maintain and check health and 2 more people to provide additional food to toddlers in Kemuning village. The implementation of the activity was held on Thursday, September 14, 2023, from 08.00 to 11.00 WIB at the Kemuning Village Office Hall. The event started 30 minutes later than the planned schedule. This was due to the late arrival of some participants and invited guests.

Evaluation

The total number of participants who attended was 49 people. Implementation time and place settings have been carried out according to plan and the equipment to be used for activities is available and has been used properly. The discussion during counseling was interesting because the language used was communicative, besides that the selection of the theme, namely preventing stunting, attracted the attention of the participants. The enthusiasm of mothers of toddlers was also seen so that the educational process was better conveyed.

RESULT AND DISCUSSION

Health check-up

Free medical check-ups were conducted by two (2) medical personnel. The free health checks included blood pressure, cholesterol levels, blood sugar levels, and uric acid checks. The examination was attended by 49 participants, both from the general public, as well as TNI and Polri officers on duty in the activity area. The general public who participated in the free health checks came from Kemuning, Tonjong, Cawiru, Kresek, and Pasir Ampo.

The examination results showed that 22 participants had blood pressure above 120/80 mmHg, 6 participants had uric acid levels above normal (6.0 mg/dL for women and 7.0 mg/dL for men), 6 participants had cholesterol levels above 200 mg/dL, and 7 participants had blood sugar levels above 130 mg/dL. This is done as an effort to sensitize the community to conduct routine health checks to prevent non-communicable diseases. According to the results of research conducted by (Sukmana et al., 2020) People tend not to visit health facilities in a healthy state. It is not uncommon for people to prefer to use traditional medicine instead of seeing a doctor. So that early detection of non-communicable diseases based on health services becomes less effective. Overcoming risk factors for non-communicable diseases and community-based prevention is one of the solutions that can be done to reduce the risk or mortality rate due to non-communicable diseases.



FIGURE 1. Health Chek-up

Providing Supplementary Food

The target of this program was children at one of Aisyiyah's early childhood education centers in Kemuning village. The additional food we provided was chicken eggs. Chicken eggs themselves are one of the animal proteins that are easily available. Animal protein comes from animals such as milk, meat, and eggs while vegetable protein comes from plants such as nuts and seeds. Food ingredients that contain animal protein are usually more expensive so people who have less purchasing power rarely include these food ingredients in their daily menus (Candra, 2020).

Protein is a macronutrient that has very important functions, including as a source of energy, a building substance, and a regulating substance. Growth can run normally if protein needs are met, because the increase in size and number of cells which is the main process in growth requires protein. In general, protein can be categorized into two, namely animal protein and vegetable protein (Study & Sanitation, 2023). Many studies in Indonesia have concluded that the protein intake of most Indonesians is still relatively low. Research that took data from 116 countries also stated that low protein intake was associated with stunting. Whereas animal products contain nutrients that are essential for the growth and development of toddlers. Protein in animal food is an important substance that functions as a builder of body cells that are needed for the growth and development process of toddlers (Esem et al., 2023). The benchmark used to state the success of this activity is the increase in body weight in children.



FIGURE 2. Providing additional food to the chairwoman of the PKK Kemuning Village.

CONCLUSION

Although the stunting rate in this village has decreased, the village government is still making improvements, by collaborating with the community service team from the university. This collaboration helps in providing additional food and also health checks. This community service is a participatory step of Higher Education in realizing zero stunting and increasing awareness of healthy living. Suggestions for further community service are education about nutritious and healthy food as needed, both for toddlers, adolescents, and adults.

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