

## Utilization of Local Product for Complementary Food Menu in Stunting Prevention

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### ABSTRACT

Giving complementary breastmilk (MP-ASI) food needs to be given in the first six-months to reach the goal of optimal growth and development of baby. Nutritional intake of the baby needs to be monitored for the sake of it would be irreversible if the it not had been monitored. The aims of this research is to increasing the knowledge about the utilization of local product for complementary food menu in stunting prevention. The counselling was carried out on Wednesday, February 1st 2023, at the Pamengkang Village, Kramatwatu district, Serang regency. In the counselling, there were 50 participants from the target participant, such as, pregnant mother, mother with baby and child. The event was using the speech and advocate from the expert. The counselling would hope that all the participants realized about the various local product that can be used to make complementary food.

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## INTRODUCTION

The rising demand of healthcare in Indonesia is crucial. Increasing the quality of human resources in Indonesia is one of the few endeavors to tackle it. Moreover, main priority of this issue can be determined by nutritional adequacy. According to Global Nutrition Report (GNR), in 2020, Indonesia has faced triple burden in term of nutritional adequacy, such as micro nutrition, macro nutrition, and overnutrition. Indonesia is still struggling to face the stunting and malnutrition at the moment. The result of study from SSGI (Studi Status Gizi Indonesia) stated that in 2021 the prevalence of stunting in Indonesia is 24,4% above average higher than what RPJMN 2020-2024 planned to decrease until 14%. Nevertheless, the prevalence of malnutrition is 7,1% above average which is also higher than what RPJMN 2020-2024 planned to decrease until 7%.

The first two-years of living or golden year of kids needs to be more optimal with the best nutrition that parents can give (Brown, et al, 1998). Breastmilk needs to be given in the first six-months to reach the goal of optimal growth and development of baby. Then, it continues with the complementary food until the baby reaches 24 months of living. However, in this important phase, nutritional intake of the baby needs to be monitored for the sake of it would be irreversible if the it not had been monitored. Soetjiningsih (2012) stated that the development of baby depends on external factors, such as, parenting, nutritional intake (the frequency of breastfeeding as well as complementary food, stimulation, and socio-economic. Four things that are recommended by WHO and UNICEF to reach the optimal development of baby, breastfeeding at the first 30 minutes of giving birth, exclusive breastfeeding until 6 months, complementary breastmilk (MP-ASI) within 6-24 months, and breastfeeding until 24 months (WHO, 2010).

Complementary breastmilk (MP-ASI) food is nutritional food that contains the nutritional value that needs to be given in order to reach the goal of optimal growth and development of baby besides breastfeeding. Giving complementary breastmilk (MP-ASI) food needs to be monitored for the time, type, portion, frequency, texture, variety of ingredients, the feedback from the baby, and the nutritional ingredients. Giving complementary breastmilk (MP-ASI) food at the right amount is not only can reach the goal of growth and development but also can stimulate the confidence of the baby (Depkes, 2005).

According to the research by Al-Rahmad et al (2013), 70,8% of toddlers in Indonesia has grown optimally after receiving complementary food. There is a significant connection between complementary food and the development of the baby. Hermina and Prihatini (2015), also stated that the failed development of baby has been affected by the absence of knowledge from the parents about the right amount and quality of nutritional intake that the baby needs to receive in the first six-months of living. The purpose of giving complementary breastmilk (MP-ASI) food also needs to pay attention of the quantity and quality of the food. Complementary breastmilk (MP-ASI) food encourages to have various kinds of food, pack with nutritional values, and the hygienic quality for the sanitation purposes.

Giving complementary food is not the only cause of malnutrition and stunting on children (Mentari, 2022). Stunting does not cause by malnutrition on pregnant mother and baby. However, it also causes by multidimensional of 1.000 days intervention of living that can be determined for decreasing the chance of prevalence of stunting (Mentari, 2023). Malnutrition case has been increasingly high in some countries and it affected children age 6 until 18 months. For the sake of that, the utilization of local product for complementary food menu in stunting prevention requires to be taught (Yessi, 2021).

In commemoration of national nutrition day, in January 25<sup>th</sup>, as well as part of work program for AIPTKMI (Asosiasi Perguruan Tinggi Kesehatan Masyarakat Indonesia) region of Jakarta, West Java, Banten would like to held the field study and community service "AIPTKMI for Indonesia, in collaboration of stunting prevention of Pamengkang village Kramatwatu district 2023". In this event, AIPTKMI Jakarta, West Java, Banten regency wish to play an important role in stunting prevention in Pamengkang village Kramatwatu district.

## METHOD

The method used in this community service generally includes planning, preparing, counseling, and evaluating:

### 1. Planning

In this process, planning discusses about the date of the counselling, the amount of participant that would be invited in the counselling, the run-down, and the target of the counselling.

### 2. Preparing

Preparing begins with arranging the notification letter for related sector, making the invitations for all the guests and participants. It also includes preparing the material for presentation, making curriculum vitae (CV) for the speakers, making the attendance list, and preparing the additional equipment that were used in the counselling. The counselling also used medium such as a laptop and one projector.

### 3. Counselling

The counselling was carried out on Wednesday, February 1<sup>st</sup> 2023, at the Pamengkang Village, Kramatwatu district, Serang regency. In the counselling, there were 50 participants from the target participant, such as, pregnant mother, mother with baby and child. The event was introduced by the speech from the expert at the Pamengkang Village, Kramatwatu district, Serang regency. There was also a question-and-answer session to let all the participant asked any questions relating to the stunting prevention.

### 4. Evaluating

The counselling was held on time and received high enthusiasm from all the participants.

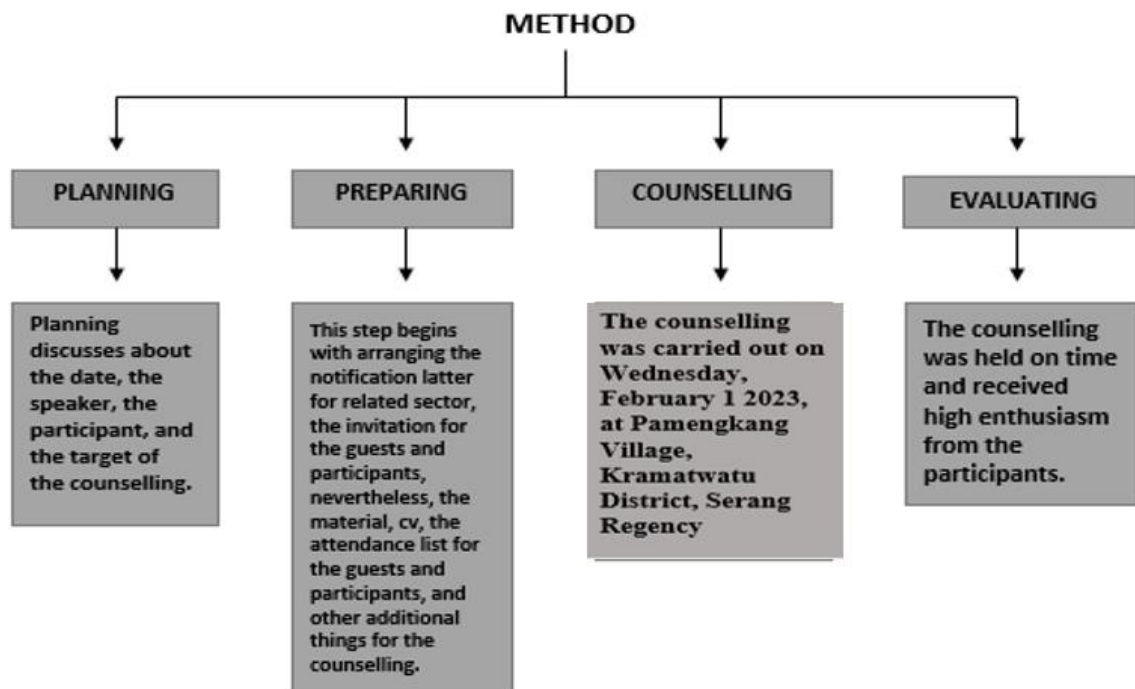


FIGURE 1. Research Method

## RESULT AND DISCUSSION

### Result

The counselling was carried out on Wednesday, February 1<sup>st</sup> 2023, at the Pamengkang Village, Kramatwatu district, Serang regency. The event was introduced by the head village of Pamengkang. The enthusiasm from the participants during the counselling was really big. The counselling was targeted to remind the participant of the importance of utilizing the local product for complementary food menu to prevent the stunting at the Pamengkang village, Kramatwatu district, Serang regency. The counselling begun with the speech from the expert speaker talking about the utilization of local product for complementary food menu in stunting prevention, a question-and-answer session, and ended with closing speech.

The counselling from the speaker was talking about the definition of complementary breastmilk (MP-ASI) food, requirement of complementary food, nutritional value contains in complementary food, and a few examples of how to properly prepare a local product to become a complementary food for the baby.



FIGURE 2. Presentation about Complementary Food

### Discussion

After the counselling about the utilization of local product for complementary food menu in stunting prevention was carried out, it would hope that all the participants realized about the various local product that can be used to make complementary breastmilk (MP-ASI) food. A few examples of these products, such as, mackerel, catfish, anchovy, moringa leaves, summer squash, purple sweet potato, papaya, and a few other various of vegetables and fruits. Local product has so much nutritional value and can be compared with the import product. Other than that, local product also is more affordable and can be found all over the regency. Therefore, after increasing the knowledge about the utilization of local product for complementary food menu in stunting prevention, the prevalence of stunting at Pamengkang village can be decreased. This information is important for the public to know, especially pregnant women and mothers with toddlers because in the first two years of life or the golden years children must be more optimal by providing the best nutrition that parents can provide (Brown, et al, 1998).

## CONCLUSIONS AND RECOMMENDATIONS

This field study and community service was carried out on Wednesday, February 1<sup>st</sup> 2023, at the Pamengkang Village, Kramatwatu district, Serang regency and it ran according to plan and without any obstacles. The participants were pregnant mother, mother with baby and child and received high enthusiasm from the participants and the speaker that stated a lot of statements regarding the stunting prevention.

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## APPENDIX



FIGURE 1. Presentation of Information



FIGURE 2. Discussion Session