

Balanced Nutrition in School-Age Children

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Abstract

This community service aims to implement community nutrition intervention activities in overcoming nutritional problems in Pamengkang Village, Kramatwatu District, Serang Regency, Banten Province. This community service activity was carried out by onsite / direct visit to Pamengkang Kramatwatu District, Serang Regency, Banten Province through a process of planning, implementation and evaluation on February 1, 2023. Followed by 30 health cadres, 30 mothers who have babies, and 30 elementary school children consisting of grades 3, 4, 5. Data collection techniques using documentation. The outputs of this activity are in the form of a certificate of Community Service, a report on the Activity "Interprofessional Collaboration for Public Health Handling Stunting in Pamengkang Village, Kramatwatu District, Serang Regency, Banten Province", and Collaborative Publications in the Field of Material (Community Service Articles). The community service activities carried out went well. It can be seen from the enthusiasm of cadres, mothers and children during the activity.

A. Introduction

Health development in Indonesia is very important. One of the efforts that need to be made is to improve the quality of people and society in order to produce superior human resources. Thus, one of the development priorities is the development of the nation's character, which of course is also determined by adequate nutrition. Based on (Kemenkes, 2018) Indonesia is currently faced with a Double Burden of Nutrition, which means that while we are still working hard to overcome the problem of nutritional deficiencies such as underweight, stunting, and anemia, at the same time we also have to face the problem of malnutrition. nutritional deficiencies such as underweight, stunting, and anemia, but at the same time we also have to face the problem of overnutrition or obesity.

Currently, Indonesia is still facing problems of malnutrition and stunting. Based on (Kemenkes, 2023) the prevalence of stunting was 24.4%. SSGI stunting rate falls from 24.4% in 2021 to 21.6% in 2022. This figure is still far from the prevalence rate targeted in the 2020-2024 RPJMN, which is 14% (Kementerian Kesehatan RI, 2020).

The stunting reduction target in Indonesia has been set at 14% by 2024. Currently, the stunting rate is still at 24% (Angela et al., 2022; Dewi & Fuad, 2022; Rahman et al., 2023; Ramadhan et al., 2021; Suratman et al., 2023). The problem of stunting will have short-term and long-term impacts because it is an indicator of the nation's health development that affects the quality of the next generation. Child stunting is a problem because it is associated with an increased risk of morbidity and mortality, impaired brain development, impaired motor development and inhibited mental growth (Rahayu et al., 2018). In the short term, stunting can lead to increased incidence of morbidity and mortality, suboptimal cognitive or intelligence, motor, and verbal development, and increased health costs. The long-term impact of stunting is suboptimal posture as an adult, increased risk of obesity and other degenerative diseases, decreased reproductive health,

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suboptimal learning capacity and performance during school, and not maximizing productivity and work capacity.

Stunting is a condition where children fail to thrive (body and brain growth) due to prolonged malnutrition (Nugroho et al., 2023). Child stunting is caused not only after birth but also in the womb. Based on stunting data, 23% of babies at birth are stunted below 48% body length. The remaining 77% or almost 80% is after birth, in the post-birth period (Kementerian Kesehatan RI, 2022). Parents' understanding of good parenting, environmental health and the ability to provide adequate nutrition is also still low, so the prevalence of stunting is still high (National Development Planning Agency (Bappenas), 2020). So, the intervention efforts that need to be done are before birth and after birth interventions.

Stunting is a nutritional status based on the PB/U or TB/U index where in the anthropometric standard of child nutritional status assessment, the measurement results are at the threshold (Z-Score) of <-2 SD up to -3 SD (short / stunted) and <-3 SD (very short / severely stunted) (Rahmadhita, 2020). Factors causing malnutrition; 1). Direct causes, the child's diet and any infectious diseases the child may have. 2). Indirect causes, Food security in the family, parenting patterns, and health and environmental health (Ramlah, 2021). A balanced diet in accordance with the needs accompanied by the selection of the right food ingredients will give birth to good nutritional status (Ahmad et al., 2023). Providing adequate and proper nutrition as a solution to prevent stunting (Novitasari et al., 2023). The application of balanced nutrition is carried out by consuming a variety of foods, getting used to clean and healthy living behaviors, maintaining normal body weight, and doing physical activity in all age groups (Fitri & Salam, 2017). Specific interventions implemented by the Ministry of Health in an effort to reduce stunting through the application of balanced nutrition are promotion and counseling of infant and young child feeding (PMBA), promotion and counseling of breastfeeding, monitoring of child growth and development, provision of blood supplement tablets (TTD) for pregnant women and adolescents and provision of vitamin A, handling nutritional problems and providing additional food and management of malnutrition (Intan et al., 2022).

In commemoration of National Nutrition Day on January 25, in collaboration with the work program of the Community Service Division of the Association of Indonesian Public Health Colleges (AIPTKMI) Regional DKI, West Java and Banten intends to organize Community Service "Bakti AIPTKMI for the Country. Interprofessional Public Health Collaboration for Stunting Handling in Pamengkang Village, Kramatwatu District in 2023". Through this activity, it is hoped that Prodi and AIPTKMI DKI, West Java and Banten regions will be able to play an active role in preventing stunting by conducting health education about balanced nutrition for school-age children, especially in Pamengkang Village, Kramatwatu District.

B. Research Method

This community service activity is carried out in the form of health training with the title of the activity "Balanced Nutrition for School-Age Children in Pamengkang Village, Kramatwatu District, Serang Regency Banten". The form of activities in community health services, including 1) Training or refreshing health cadres in efforts to deal with stunting; 2) Counseling on local food management for alternative MP ASI menus; 3) Health Promotion of Exclusive Breastfeeding; 4) Health Facilitation of Clean and Healthy Living Behavior for School Children; and 5) Fruit and vegetable eating movement for Elementary School Age Children. This activity was organized by Member Universities of the Indonesian Public Health Higher Education Association (AIPTKMI) DKI, West Java and Banten. There are 11 institutions involved in this community service activity, including University of Indonesia, Faletahan University, FITKes UNJANI, STIKes Kuningan, April 11 University, University of Indonesia, Ibnu Khaldun University, Immanuel Institute of Health, Urindo, Univ Bhakti Kencana, STIKes Dharma Husada Bandung.

Activities are carried out onsite / direct visits to Pamengkang Elementary School, Kramatwatu District, Serang Regency, Banten Province. This community service activity is carried out through a planning, implementation and evaluation process. With direct implementation in the field on February 1, 2023. Followed by 30 health cadres, 30 mothers who have babies, and 30 elementary school children consisting of grades 3, 4, 5. The implementation of community service activities uses the Lecture and Discussion Method with the help of Power Point. Furthermore, discussions were held with participants regarding the material provided, ending with an evaluation of the material provided.

C. Result and Discussion

Community service activities on "Balanced Nutrition for School-Age Children in Pamengkang Village, Kramatwatu District, Serang Regency, Banten" in Pamengkang, Kramatwatu District, Serang Regency,

Banten Province on February 1, 2023, can be carried out well. The service activities were attended by 30 health cadres, 30 mothers who have babies, and 30 elementary school children consisting of grades 3, 4, 5.

The stages of service activities that have been carried out are as follows:

1. Preparation for Service

Preparation of Pamengkang Elementary School which will be used for community service activities in coordination with Kramatwatu District, Serang Regency, Banten Province. This section contains the result and discussion of the research and can be presented as description, charts or figures.

2. Implementation of Service

a. Opening

The service began with an opening ceremony and introduction of the service implementer and singing the Indonesia Raya song. Followed by remarks from the chairman of AIPTKMI Regional DKI, West Java and Banten by Prof. Dr. Sabarina Prasetyo, M.Sc.



Figure 1. Opening Activity of Pengmas Bersama AIPTKMI Regional DKI, West Java and Banten

b. Submission of material

Counseling materials presented to participants include:

- Training or refreshing health cadres in efforts to deal with stunting
- Counseling on local food management for alternative MP ASI menus
- Exclusive breastfeeding health promotion
- Health Facilitation of Clean and Healthy Living Behavior for School Children
- Fruit and vegetable eating movement for elementary school children



Figure 2. Health Counseling Activity from Immanuel Institute of Health

3. Closing and Evaluation of Activities

The community service activities carried out went well. It can be seen from the enthusiasm of cadres, mothers and children during the activity. This activity was closed with a group photo at Pamengkang Kramatwatu District, Serang Regency, Banten Province.



Figure 3. Closing activities of community service in serang banten

Expected Results of Community Service Activities

- Implementation of work programs in the field of public health AIPTKMI Regional DKI, West Java and Banten Year 2023
- Cooperation between Public Health Higher Education institutions as members of AIPTKMI
- Increased literacy related to stunting prevention in all life cycle groups (toddlers to the elderly) in the Pamengkang Village area, Karangwatu Subdistrict in 2023.

D. Conclusion

This community service activity is expected to increase the knowledge of the community in Pamengkang Village, Kramatwatu Subdistrict, Serang Regency, Banten Province regarding the prevention of nutritional problems.

E. Acknowledgement

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