



## Prevention Of Lack Nutrition And Stunting Through Class Of Pregnant Women And Toddlers 0 – 5 Years

### Pencegahan Gizi Kurang Dan Stunting Melalui Kelas Ibu Hamil Dan Balita 0 – 5 Tahun

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#### Abstract

Nutritional status is an indicator of success in health development in Indonesia. One of the nutritional problems that is still a serious challenge for health workers is malnutrition in toddlers and toddlers. Even though toddlers are the seeds of the nation's future generation. Toddlers themselves are very vulnerable to experiencing health problems as a result of poor nutritional status. Given that toddler age is the beginning of child growth and development. The impact of malnutrition on toddlers is quite diverse, including increasing the risk of infectious diseases, inhibiting the growth and development of children, causing health problems during adolescence and adulthood and can even increase the risk of child death. This community service activity aims to increase knowledge and develop the skills of pregnant women and toddlers in meeting nutritional needs during pregnancy and toddler nutrition as well as managing healthy eating for toddlers. The method used in the activity is through counseling/education, demonstrations and competitions for healthy infants and toddlers. The results of this activity adapted almost all participants to understand infant nutrition and pregnant women's nutrition and participants were also able to manage food accordingly.

**Keywords:** empowerment, sweet corn, cultivation

#### Abstrak

Status gizi merupakan salah satu dari indikator keberhasilan dalam pembangunan kesehatan di Indonesia. Salah satu permasalahan gizi yang masih menjadi tantangan berat bagi tenaga kesehatan adalah gizi kurang pada balita dan stunting. Padahal balita merupakan bibit-bibit generasi masa depan bangsa.. Usia balita sendiri sangat rawan mengalami gangguan kesehatan akibat dari status gizi yang kurang. Mengingat bahwa usia balita adalah awal dari pertumbuhan dan perkembangan anak. Dampak dari gizi yang kurang pada balita pun cukup beragam antara lain adalah meningkatnya risiko penyakit infeksi, menghambat pertumbuhan dan perkembangan anak, menyebabkan gangguan kesehatan saat usia remaja dan dewasa bahkan dapat meningkatkan risiko kematian anak . Kegiatan pengabdian masyarakat ini bertujuan untuk meningkatkan pengetahuan dan mengembangkan keterampilan ibu hamil dan balita dalam pemenuhan kebutuhan gizi selama kehamilan dan gizi balita serta pengelolaan makan sehat untuk balita. Adapun metode yang digunakan dalam kegiatan adalah melalui penyuluhan/edukasi, demostrasi serta perlombaan bayi dan balita sehat. Hasil dari kegiatan ini didapatkan hampir keseluruhan peserta memahami tentang gizi bayi dan gizi ibu hamil serta peserta dapat juga mengelola makanan yang sesuai . Diharapkan ibu hamil dan ibu balita dapat mencegah terjadinya gizi kurang dan stunting.

**Kata kunci:** pemberdayaan, jagung manis, budidaya



## PRELIMINARY

Health development in Indonesia is carried out by implementing the Healthy Indonesia program. Health development itself is one of the most important parts of national development. This health development has the goal of realizing the optimal health status of the Indonesian population by increasing awareness, willingness, and also the ability of the community to adopt a healthy life

Nutritional status is one of the indicators of success in health development in Indonesia. Nutrition itself is a serious public health problem in Indonesia. One of the nutritional problems that are still a serious challenge for health workers is malnutrition in toddlers. Even though toddlers are the seeds of the nation's future generation. Thus, Indonesia is demanded to be maximal in improving the nutrition of these toddlers. Toddler age itself is very vulnerable to health problems resulting from poor nutritional status.

Given that toddler age is the beginning of child growth and development. The impact of malnutrition on toddlers is quite diverse, including increasing the risk of infectious diseases, inhibiting the growth and development of children, causing health problems during adolescence and adulthood, and can even increase the risk of child death. Malnutrition in toddlers can also cause physical and mental disorders. The need for more attention to the occurrence of malnutrition in the golden age of toddlers is caused because the impact will be irreversible. Furthermore, malnutrition in toddlers can interfere with brain development so it can trigger disruption of mental disorders that can also cause poor cognitive development, slow child growth, weakened immunity, and can also increase morbidity and mortality in toddlers.

Based on the results of the 2018 Basic Health Research (Riskesdas), is known that the proportion under five with malnutrition status and malnutrition nationally by 17.7%. This figure has not reached the 2019 RPJMN target of 17%. In addition, according to the 2018 Riskesdas results, the proportion of children under five with short and very short nutritional status is still high, namely 30.8% (19.3% short and 11.5% very short). The proportion of toddlers with nutritional status of very thin, thin, and obese in toddlers is 3.5%, 6.7%, and 8.0%, respectively. (Ministry of Health, 2018)

One of the main activities of the nutritional status improvement program is growth monitoring. This activity focuses on preventing and optimizing the nutritional status of toddlers. This nutritional status monitoring activity is strongly influenced by the activity of toddlers at the posyandu very big influence. Integrated Service Post (Posyandu) is a form of Community-Based Health Efforts in village areas. (Ministry of Health RI, 2011). Posyandu is held regularly every month (minimum 8 times per year). Various services can be received by toddlers who actively visit the posyandu every month, including weighing, health checks (when there are health problems), providing additional food, and nutritional counseling. Toddlers whose weight and height are routinely weighed every month will know the trend of changes in their nutritional status.

The results of searching secondary data at the Andalas Padang Health Center showed that under-five nutrition problems in the coverage area of the Andalas Health Center still had stunting and malnutrition. Based on the results of reports from January to March 2022 from the posyandu located in the Andalas Health Center area, it is known that the number of toddlers with stunting nutritional status is 51 toddlers (3.7%) while in the Andalas subdistrict itself, there are 2 stunting cases (7.3%) and malnutrition in the report 2021 an annual number of 100 toddlers (8.9%). Because of this large percentage, the nutritional problems that are prioritized are under-fives with under-nourished status (according to the under-fives weight/age indicator z-score  $<-2.5$  SD).

Based on the description of this background, the class program for pregnant women and under-five children in the Andalas Health Center area is carried out as one of the efforts to support the accelerated improvement of nutritional status in children under five to be achieved immediately. The results of a food intake recall in the subject group showed that 100% of toddlers had less energy intake than needed. It is known that one of the influential factors in the incidence of undernourished toddlers can be caused by wrong feeding practices in children which are included in the parenting style of toddler mothers. This class program aims to support the development of knowledge among mothers of toddlers regarding exclusive breastfeeding and proper provision of MP-ASI for toddler nutrition, awareness of mothers to monitor the growth and development of toddlers through posyandu, skills of mothers in giving food that diverse, nutritionally balanced, and varied. In addition, it also aims to develop mothers' skills in making F-100 to meet the daily intake of toddlers.

## METHOD

The methods used in Community Service activities are lectures, questions and answers, and discussions to increase understanding of malnutrition in pregnant women, toddler nutrition, and stunting. The presentation of the material was carried out using the lecture method which was packaged systematically so that it was interesting for the participants. The presenter tries to convey the material in accordance with the language that is easily understood by the participants. After giving the material, other activities are conducting demonstrations on making food for pregnant women and toddlers as well as competitions for healthy babies and toddlers which aim to motivate mothers with toddlers to always monitor the development of their babies and toddlers at the posyandu according to the time set.



**Figure 1.** Counseling pregnant women and toddlers



**Picture 2.** Cooking demonstration in making a balanced menu for toddlers

## **RESULTS AND DISCUSSION**

### **Preparation**

For the implementation of this activity, the Community Service implementing team designed the following steps:

1. Determine the place or room to be used in conveying knowledge and information on the prevention of undernutrition and stunting and the venue for holding baby and toddler competitions
2. Determine the number of participants, namely pregnant women and mothers of infants and toddlers in RT 01 RW 02 du Kel. Andalas Padang
3. Prepare written materials containing material on nutrition for pregnant women, infant and toddler nutrition, and stunting
4. Prepare ingredients for making menus for pregnant women and toddlers
5. Prepare prizes for baby and toddler contests

### **Implementation**

The implementation of community service is carried out for 5 weeks with various activities the steps taken in carrying out this activity are:

1. Prepare a summary of materials or materials by the Community Service implementation team.
  - a. About Nutrition counseling for pregnant women and mothers of toddlers
  - b. About Stunting
  - c. Demonstration of Cooking nutrition for pregnant women and toddlers
  - d. Healthy Babies and Toddlers Contest



Inviting potential participants (pregnant women and mothers of infants and toddlers) at the location, based on suggestions and directions from the Lurah, RW 02, and RT 01 Andalas Village, Padang Timur District, Padang



**Figure 3.** Evaluation of the Healthy Infant and Toddler Contest

## CONCLUSION

The results of the implementation of community service can be concluded:

1. Participants have knowledge about malnutrition, maternal nutrition, and stunting and its characteristics
2. Participants have knowledge about the causes of malnutrition in pregnant women and toddlers as well as stunting
3. Participants have knowledge about the impact of malnutrition on pregnant women and toddlers and the incidence of stunting
4. Participants have knowledge of how to prevent malnutrition in pregnant women and toddlers and overcome stunting
5. Participants have knowledge of how to improve the quality of nutrition services for children
6. Participants can make a nutritious menu for pregnant women and toddlers
7. Participants are motivated to monitor the development of pregnancy and the development of infants and toddlers.

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