

Healthy Child Food Motorbike Taxi Program (OMAS) to Prevent Stunting in Sungai Pinang Village

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Abstract

Purpose: The primary aim of this study was to address the issue of stunting, a form of chronic malnutrition affecting children's growth and development. This problem is influenced by various factors, including child characteristics and socio-economic conditions. The lack of knowledge about stunting among village residents necessitated an intervention to provide insight and education.

Method: Students from Riau University's KKN program collaborated with the Sungai Pinang Village Posyandu to conduct stunting prevention outreach activities. These activities were designed to educate parents, particularly mothers, about the importance of adopting a healthy and clean lifestyle. In addition to these outreach activities, the students implemented a program called "Motorbike Taxi for Healthy Children's Food". This program aimed to provide examples of nutritionally balanced food menus beneficial for children's growth and development.

Practical Applications: The practical application of this study lies in its potential to increase community awareness about stunting prevention and healthy food menus. By providing practical examples and education, the residents of the village can make informed decisions about their children's nutrition.

Conclusion: The desired outcome of these activities is a community that has sufficient knowledge about stunting prevention and healthy food menus. The hope is that village residents will no longer feel unfamiliar with the concept of stunting and will know how to prevent it. Furthermore, they will be able to provide healthy food for their children, contributing to the overall reduction of stunting in the community.



Introduction

Sungai Pinang Village is one of the villages in Tambang District, Kampar Regency, Riau Province, Indonesia. Sungai Pinang borders several other villages, such as to the north it borders Kualu Nenas Village, to the south it borders Balam Jaya Village, to the west it borders Kuapan Village and to the east it borders Aur Sati Village. Meanwhile, the population of Sungai Pinang village is 3557. The number of heads of families in Sungai Pinang village is 686 families. As a result of the large population in Sungai Pinang Village, the village has many problems. Based on the existing problems, Sungai Pinang Village is one of the villages with health services and family health awareness in terms of environmental sanitation and providing nutritious food for children which is still relatively low. As a result, some children experience nutritional deficiencies, which causes growth retardation where their growth is not the same as children their age. This is what makes us want to provide knowledge and examples of good and correct food for parents, so that parents can pay more attention to the nutritional content of food for the growth of their children, so that they can reduce the increase in the number of children affected by stunting. good nutrition) in Sungai Pinang village.

Food is a substance consumed by organisms to obtain nutrients which are then converted into energy. Currently, many types of food are being developed, ranging from food served in restaurants, street vendors, to packaged food. In this era of convenience and efficiency, food is increasingly advanced, many creative ideas are starting to emerge to create different foods. However, there are many things consumers don't know about the foods they consume. Both in terms of ingredients, quality of ingredients, cleanliness of ingredients, production location and food production process. Because ordinary consumers only judge food from sight, smell and taste. Currently, there are many types of food with various choices. Therefore, being equipped with knowledge about safe and healthy food is very important. Food not only appeals to the five senses but can also be an asset for the future. Because to improve the quality of life, every person needs to have sufficient amounts of the 5 groups of nutrients (carbohydrates, proteins, lipids, minerals and vitamins), neither excess nor deficiency (Suhardjo, 1989). According to Syarief (1992:46), good nutritional status can be achieved by paying attention to food consumption habits. All of this determines the size of the food eaten. Usually, awareness of the need for nutrition and healthy food, especially for people with poor economic conditions, causes a lack of attention to nutritional problems and many cases of nursing malnutrition. Food is considered healthy if it contains the nutrients the body needs, and does not contain germs or toxins that cause disease. A healthy diet is food with a fairly balanced nutritional value, does not contain dangerous elements or is harmful to health. This unbalanced diet does not only occur in urban areas but also in rural areas, even villages experience it. Based on this, we are interested in carrying out community service regarding the promotion of stunting prevention and providing examples of healthy food for children.

Judging from field conditions, there are still many children who do not pay attention to their health by buying food that has poor nutritional content or unhealthy food such as sausages, chewing gum and other foods that have poor nutritional content. Apart from that, parents are still negligent in forbidding their children from consuming unhealthy food, and cooking food that has good nutritional content, is complete and balanced is still not possible due to a lack of knowledge about the list of foods that contain good nutrition and complete.

Method

Sungai Pinang Village has been identified as a community with low family health services and awareness, leading to nutritional deficiencies in children that impede their growth. To address this, we have proposed the Healthy Children's Food Taxi program. This initiative aims to educate parents and provide them with proper examples, thereby enhancing their understanding of their children's nutritional needs and growth. The ultimate goal is to reduce the incidence of stunting, or malnutrition, among children in Sungai Pinang Village.

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Before launching this program, we consulted with several posyandu cadres to ensure smooth implementation and achievement of our objectives. After several discussions, we agreed to conduct outreach and deliver samples of healthy food to parents. Our group has outlined the following steps for implementing the Healthy Children's Food Taxi program in Sungai Pinang Village. In the preparation stage, we engage in several activities, including discussions with posyandu cadres about the upcoming socialization event and the delivery of healthy food samples to families. We prepare all necessary equipment for outreach to mothers and conduct sessions on stunting prevention. These sessions emphasize the importance of providing children with nutritious food, maintaining food hygiene, and keeping the family and community environments clean. We also collect data from parents of children aged 1-3 years and ask for their input on the food menu for the program. Finally, we purchase all the ingredients needed to prepare the healthy food samples. During the implementation stage, we cook the healthy meals, package them in food boxes, and deliver them to families in Sungai Pinang Village, specifically in Dusun 1, 2, 3, and 4, with the assistance of Posyandu cadres. The primary method used to achieve our program goals is a combination of discussion and practice. We maintain open communication at every stage of the program to prevent misunderstandings, ensure transparency, and align the goals of the posyandu and our members. This approach ensures that everyone involved in the program is working towards the same objective.

Result

Sungai Pinang Village is one of the villages in Tambang District, Kampar Regency which stretches along Jalan Raya Bangkinang. The village has become the center of attention for investors and the public to live in Sungai Pinang because of its strategic location and flat and fertile land. However, Sungai Pinang Village has several problems, including health problems, namely inadequate awareness of the importance of nutritious food. With these problems, we proposed a socialization program and delivering samples of healthy food to parents with children in Sungai Pinang Village. The posyandu from Sungai Pinang Village appreciates our initiative and agrees to the outreach and delivery program that will be carried out.

On July 18 2023, the posyandu gave us the mandate to carry out socialization with the theme Sufficient Nutrition, Complete Immunization and Sanitation at Posyandu Pelita Hati Bunda. We carry out this program by providing material according to themes related to health problems in Sungai Pinang Village. The provision of material lasted approximately 2 hours. The media we use is powerpoint which contains a summary of the material on Sufficient Nutrition, Complete Immunization and Sanitation. Attended by cadres and mothers who have children under five. After the socialization was given, we asked for data from mothers and children so they could continue with the Healthy Children's Food Taxi (OMAS) activities.

Figure 1. Stunting prevention outreach



Source: Private Documentation, 2023.

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OMAS is one of the programs we designed with the aim of raising public awareness of the importance of maintaining nutritional balance and nutritional content in the food menu that will be consumed. Apart from that, the program also aims to provide knowledge and understanding to parents regarding examples of food menus that contain good nutritional content. On August 4 2023, we will start delivering Ojek Healthy Children's Food (OMAS) deliveries. The OMAS program itself is intended to reach children and toddlers with nutritional problems, with the hope that this activity can minimize nutritional problems for children and toddlers in Sungai Pinang Village. The Healthy Children's Food Motorcycle Taxi Program (OMAS) is our program which aims to provide a contribution that provides benefits to mothers in the form of healthy and balanced food for children and toddlers, thereby preventing an increase in stunting. The manifestation of this Omas program is by providing examples of healthy, balanced food to children and toddlers with nutritional problems, or stunting, who will be given an example of processed, balanced nutritious food. We will collect data on the ages of the children and toddlers who will be given this food.

Figure 2. Delivery of examples of healthy food



Source: Private Documentation, 2023.

Discussion

Before providing examples of OMAS food, we prepared the raw materials for making OMAS which will be given to mothers who have children and toddlers. Making OMAS took quite a long time, around 7 hours, which was located at the post. All raw materials used are in

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accordance with balanced nutritional proportions. In packaging this food, we provide a box which contains rice, side dishes, vegetables, fruit and healthy snacks. As for nutritious and balanced food, it must contain carbohydrates, protein, vitamins, fat and so on. All food prepared has been well arranged and will be given to mothers who have children and toddlers whose names have been recorded and are of the appropriate age. We were assisted by the posyandu in providing samples of OMAS food which we carried out in directing the location of the locations whose data had been prepared beforehand to be given the OMAS food. The location of each house is quite close and the alternative route is easy. We divide the team to provide OMAS food to save time.

The achievement level for the Healthy Children's Food Motorcycle Taxi program itself is 95% because the initial plan was for 20 parents to be given examples of healthy children's food, but only 19 parents received data. So this results in a lack of conformity between plans and existing field facts, which results in a lack of achievement figures for this program. And this delivery went well and smoothly, all targets based on data have been delivered. Our group also hopes that this program can provide optimal benefits and knowledge for parents who have children in Sungai Pinang Village. The results that are visible in this program are not only the enthusiasm of the mothers because there is socialization about preventing stunting, but they also feel satisfied because they know examples of food that should be given to their children in the future. This is in accordance with our goals when designing this program, as well as to establish harmonious relationships and strengthen ties between the people of Sungai Pinang Village and our KKN Group.

Conclusion

The OMAS activity program that had been prepared was successfully implemented thanks to the enthusiasm of the community and posyandu cadres. This program was also well received by the people of Sungai Pinang Village. This is proven by the excellent collaboration between students and the community. To ensure this program provides maximum results, we held discussions with posyandu cadres about what healthy food we would make and which ones were appropriate. availability of goods in Sungai Pinang Village. Therefore, the examples of healthy food that we provide are the result of discussions between our group and the posyandu cadres. Posyandu cadres also play a role in the success of this program, demonstrated by their participation in providing data on parents who have children and participating in delivering food samples. This program has had a positive impact on the people of Sungai Pinang Village, where this program can provide knowledge and increase community awareness in providing healthy and nutritious food for their children, where previously some people in Sungai Pinang Village still did not understand about food. which contains elements of 4 healthy 5 perfect.

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