

Empowering Posyandu Cadres through Preparing to Provide Supplementary Food (PMT) in Efforts to Prevent Stunting and Wasting in Nayan Hamlet

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ABSTRACT

Stunting still becomes nutritional problem for children under five which is targeted to decrease by 14% in 2024. Posyandu has a supplementary feeding program to help reduce stunting rates. This empowerment program aims to provide both cognitive and practical knowledge to health cadres of Dukuh Nayan, Sleman, Yogyakarta about preparing PMT according to balanced nutrition guidelines. The activity method consists of preparation, implementation in the form of lectures, discussions and simulations followed by group practice in the form of making additional food menus based on a variety of ingredients and in accordance with the proportions of toddlers' nutritional needs. The results of this activity were the achievement of an average cadre knowledge score of 77.71 ± 16.77 with 66.67% of health cadres having a score above the average. 88.8% of cadres also had an attitude or perception score about stunting and nutrition above 7 or in the good and very good categories. The creativity of the cadres and the practical abilities of the health cadres can be seen from the additional food menus created. Based on the assessment, the menu created consists of a variety of food ingredients, sources of nutrients that are in accordance with balanced nutritional proportions. The obstacle in this community service activity was the difficulty of determining the appropriate time for health cadre activities. It is hoped that this program can be continued so that the knowledge and practices that have been implemented can be shared to increase not only the knowledge and creativity of health cadres but also the target of improving the health of children under five in efforts to deal with stunting.

Kata Kunci: health cadres, additional food, balanced nutrition, stunting.