

# **PEMBINAAN POLA HIDUP BERSIH DAN SEHAT BAGI MASYARAKAT DESA JATIMULYO, GIRIMULYO, KULONPROGO**

**by Triatmanto**

## **ABSTRACT**

The purpose of this PPM activity is to increase the knowledge of the people of Jatimulyo Village about the health of individuals and communities, make health efforts through counseling healthy diet, lifestyle, and healthy behavior and improve the level of public health through consultation and free treatment. The method of activity in this PPM is counseling on clean and healthy lifestyle to school-age children and PKK mothers. Counseling about nutrition and healthy food menu for all ages is also given to PKK women and to community leaders. For village / hamlet devices are given lectures on the environment, the use of yard and vacant land. Besides, free medical check-ups and treatment were conducted to Jatimulyo residents who were sick or need treatment and free groceries to residents according to data including poor families. Evaluation of activities after completion of socialization shows warg Dusun Jatimulyo, Girimulyo, Kulonprogo can understand the importance of clean and healthy lifestyle. Especially for mothers and the elderly have increased their understanding of diet and exercise that is suitable and healthy for the elderly, so they can keep their fitness.

Kata Kunci: *pola hidup, jatimulyo, pkk,*