

Health Education and Family Empowerment in Preventing Nutritional Problems in Early Childhood

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ABSTRACT

Early childhood producing future human resources, is a group that is susceptible to a variety of health issues and nutritional disorders. It is important to pay attention to the fulfillment of excellent nutrition and to optimize every stage of its growth. According to estimates, 10% of the children in the Amanah Kahmi playgroup are malnourished due to nutritional abnormalities, and many parents lack awareness of the importance of feeding children a healthy diet. It could impact the risk of infectious disease and growth issues. This activity aims to inform parents about the monitoring of a child's nutritional condition and the preparation of nourishing foods for young children. The activity began with education on assessing children's nutritional status and putting it into practice by measuring the height and weight of 35 school students and then applying it using the WHO child nutrition monitoring chart. The results showed that 19 children with normal weight categories consisting of 5 boys and 14 girls; 8 children with poor nutritional status consisting of 7 boys and 1 girl; and 8 children close to the normal nutritional limit, consisting of 2 girls and 6 boys. The activity was followed by educating parents regarding balanced nutrition for children through the video presentation and preparation of nutritious food for children. This activity is expected to increase knowledge and assist parents in monitoring the growth and development of children and providing nutritious food for children to prevent nutritional disorders in early childhood.

Keyword: Early Childhood, Family Empowerment, Nutritional Problems, Preventing,

ABSTRAK

Anak usia dini penghasil sumber daya manusia masa depan, merupakan kelompok yang rentan terhadap berbagai masalah kesehatan dan gangguan gizi. Penting untuk memperhatikan pemenuhan nutrisi yang prima dan mengoptimalkan setiap tahap pertumbuhannya. Menurut perkiraan, 10% anak di kelompok bermain Amanah Kahmi kekurangan gizi karena kelainan gizi, dan banyak orang tua yang kurang menyadari pentingnya memberi makan anak makanan yang sehat. Ini dapat berdampak pada risiko penyakit menular dan masalah pertumbuhan. Kegiatan ini bertujuan untuk menginformasikan kepada orang tua tentang pemantauan kondisi gizi anak dan penyiapan makanan bergizi untuk anak usia dini. Kegiatan dimulai dengan edukasi tentang penilaian status gizi anak dan mempraktekannya dengan mengukur tinggi dan berat badan 35 siswa sekolah kemudian menerapkannya menggunakan grafik pemantauan gizi anak WHO. Hasil penelitian menunjukkan 19 anak dengan berat badan normal yang terdiri dari 5 anak laki-laki dan 14 anak perempuan; 8 anak dengan status gizi buruk terdiri dari 7 anak laki-laki dan 1 anak perempuan; dan 8 anak mendekati batas gizi normal, terdiri dari 2 anak perempuan dan 6 anak laki-laki. Kegiatan dilanjutkan dengan mengedukasi orang tua tentang gizi seimbang untuk anak melalui video yang menampilkan penyiapan makanan bergizi untuk anak. Kegiatan ini diharapkan dapat menambah pengetahuan dan membantu orang tua dalam memantau pertumbuhan dan perkembangan anak serta



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memberikan makanan bergizi bagi anak sehingga dapat mencegah terjadinya gangguan gizi pada anak usia dini.

Keyword: Pemberdayaan Keluarga, Masalah Gizi, Pencegahan, Anak Usia Dini

1. Introduction

Early childhood is an asset owned by a nation for the future. Health and nutrition for early childhood are essential needs that are very important in supporting optimal growth and development [1]. For children to grow and develop optimally, it is necessary to fulfill the needs of early childhood including aspects of health, nutrition, education, and care as well as protection and welfare [2]. Early childhood needs nutrition for life. Good nutrition intake greatly contributes to the growth and development of children in the future [3].

Based on Basic Health Research data (2018), in Indonesia the prevalence of anemia in toddlers is 38.5%, children with malnutrition is 3.9%, children with malnutrition is 13.8%, children with excess nutrition is 3.1%, children are very short by 11.5%, stunted children by 19.3% and stunting prevalence by 30.8%. In North Sumatra, the prevalence of children with severe malnutrition is 5.4%, children with malnutrition are 14.3%, and children with greater nutrition is 4.0%. [4].

Various research results show the impact of malnutrition at an early age with impaired child development, low cognitive abilities, low social maturity as indicated by low attention, and low learning ability and achievement at school [5]. Early childhood children need nutrition for life, which helps in the process of growth and development in every aspect. Factors that cause malnutrition are low economic factors and parents' lack of knowledge regarding good nutritional intake [6].

The Amanah Kahmi North Sumatra Playgroup which is engaged in Early Childhood Education, is located in Durung III, Terjun Village, Marelan Subdistrict, and has 52 students, consisting of 27 female students and 25 male students. Of the 52 students, there are about 5 students (10%) have nutritional problems which include malnutrition. In addition, the understanding of parents in providing food as a provision for school for children is still classified as unhealthy food.

Early childhood is vulnerable to various health problems and nutritional disorders. The causes of health problems in children, among others, are caused by children not getting enough nutritious food due to low economic reasons, or lack of parental knowledge about good nutrition. This causes children to often experience infectious diseases [7]. Early childhood parenting patterns also have a major influence on balanced nutritional intake which will determine the growth and development of children. In growth and development, early childhood needs attention from both parents at home and educators at Early Childhood Education Institutions (PAUD) [8]. Thus, parents and teachers as well as the community must have knowledge and understanding of health services, and nutritional intake, so it needs to fulfill nutrition to help the process of growth and development [9]. This activity aims to inform parents and teachers about the monitoring of a child's nutritional status and the preparation of nourishing foods.

2. Methods

Method of the community service was:

- a. Educating parents and teachers about determining the nutritional status of early childhood by using the WHO Child Nutrition Monitoring Chart.
- b. Examining the height of children using microtoise and weight of children using a weighing scale and determining nutritional status using the WHO Child Nutrition Monitoring Chart.
- c. Health education for parents and teachers regarding the need for balanced nutrition in children and how to prepare nutritious food through video presentation.

3. Results and Discussion

Community service activities at KB Amanah Kahmi were carried out on Friday 28 October 2022 at Durung Street III, Terjun Village, Marelan subdistrict. This activity began with educating parents and teachers

about determining and monitoring the health status of early childhood by using the WHO Child Nutrition Monitoring charts as shown in Figure 1.



Figure 1. Educating parents and teachers about determining and monitoring nutritional health status.

After educational activities, we continue to check the weight and height of young children (Figure 2). The results of these measurements are entered into the WHO child nutrition monitoring chart to determine the child's nutritional status. The results are presented in Figure 3.



Figure 2. Examining height and weight.

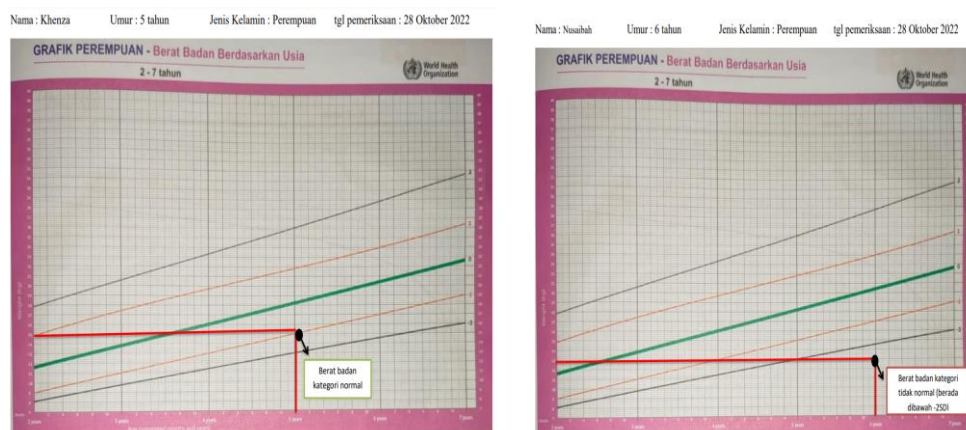


Figure 3. Determining nutritional status by using the WHO child nutrition monitoring chart.

The results of assessing the nutritional status of 35 students using WHO Child Nutrition Monitoring charts showed that 19 children had normal nutritional status, 8 children had poor nutritional status, and 8 children had nearly normal nutritional status.

The service activity was continued by providing education for parents about a balanced nutrition menu for children (Figure 4). At this activity, parents and teachers were given leaflets about the healthy menu for children, and a video presentation on preparing nutritious food for children (Figure 5). The audience seriously listened and asked if they did not understand.



Figure 4. Educating about balanced nutrition for children.



Figure 5. Video presentation provision nutritious food for children.

In this community service, we presented a video serving several balanced nutritious foods for children such as Karita made from tempeh, sausage omelets, and fruit pudding. All participants are seriously paying attention to how to serve nutritious food and we hope that the knowledge of participants will increase and will apply it to improve children's nutrition.

KARITA (KATSUGURITA)

Bahan adonan:

- Tempe 200g
- Sosis 5 buah
- Wortel 1 buah
- Daun bawang 1 batang
- Telur 1 butir
- Tepung terigu 100 gram
- Bawang putih halus 2 siung
- Lada bubuk 1/2 sdt
- Garam 1/2 sdt
- Penyedap secukupnya

Bahan pencelup:

- Tepung terigu 100 gram
- Air secukupnya
- Tepung panir secukupnya

Cara Memasak:

1. Potong tempe lalu kukus selama 15 menit
2. Kemudian, potong 1 sosis menjadi 2 bagian lalu kerat menjadi 4 bagian pada ujungnya
3. Angkat kukusan tempe kemudian diiris dan sebar, lalu masukkan tempe hingga lunak
4. Kemudian haluskan bawang putih, parut wortel, dan iris daun bawang
5. Campur adonan tempe yg telah diiris dengan telur, tepung terigu, tepung maizena, wortel, daun bawang, bawang putih, lada, garam, lada bubuk, dan penyedap rasa hingga tercampur rata
6. Ambil 1 sendok adonan kemudian tempelkan ke sosis sosis yang telah bekatir hingga membentuk bulat
7. Setelah itu, siapkan adonan pencelup yaitu larutan tepung terigu dan tepung panir
8. Celupkan adonan kepala gurita yang sudah dibentuk ke larutan tepung terigu secara merata kemudian beri tepung panir
9. Panaskan minyak dengan api sedang, setelah minyak panas goreng karita hingga matang
10. Setelah matang, angkat dan tiriskan karita
11. Sajikan karita dengan saus atau mayonesis

OMSIS (OMELET SOSIS)

Bahan:

- 8 sdm tepung terigu
- 100 ml air
- 5 butir telur
- 1 buah wortel
- 1 batang daun bawang
- 7 buah sosis
- 1/2 sdt garam
- 1/2 sdt penyedap
- 1/4 sdt lada bubuk

Cara Memasak:

1. Larutkan tepung terigu dengan air
2. Pecahkan telur lalu masukkan larutan tepung dan tambahkan garam, lada bubuk, dan penyedap aduk sampai tercampur rata
3. Potong wortel menjadi dadu kecil dan iris daun bawang, kemudian campurkan ke adonan telur
4. Siapkan plastik es lilin, lalu masukkan 1 buah sosis dan masukkan adonan telur, kemudian ikat ujungnya
5. Dididihkan air, lalu masukkan adonan omsis ke dalam air mendidih dan rebus hingga matang dan mengapung
6. Jika sudah matang, angkat dan tiriskan lalu diamkan hingga dingin
7. Setelah dingin, keluarkan telur dari plastik lalu potong sesuai selera
8. Panaskan minyak dengan api sedang, setelah minyak panas goreng omsis hingga matang
9. Sajikan omsis dengan saus atau mayonesis

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Mahasiswa:

1. Mulya, Nita Nur Fauziah
2. Nur Hafidha, Salsabilla
3. Nur Hafidha, Salsabilla
4. Nur Hafidha, Salsabilla
5. Nur Hafidha, Salsabilla

Figure 6. Leaflet balanced nutrition for children.

4. Conclusions

Based on this activity we conclude there are still early childhood with nutritional problems. It was due to poor knowledge of their parents about the importance of monitoring nutritional status and providing balanced nutrition to children. We realized parents and teachers who are seriously paying attention to the importance of applying nutritious balance for early childhood for their growth and quality of life. This activity will increase

knowledge and assist both parents and teachers in monitoring the growth and development of children and providing nutritious food for children to prevent nutritional disorders in early childhood and improve the quality of early childhood in the future time.

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