



COUNSELING AND TRAINING OF INTERVENTION MODEL LOCAL PLANTS TO OVERCOME STUNTING (TALAS) FOR HEALTH WORKERS AT MONTASIK HEALTH CENTER, ACEH BESAR

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Abstract

The counseling and training activities carried out at the Montasik Health Center aim to increase insight and knowledge about the use of herbal plants in an effort to reduce stunting cases in the Montasik Health Center work area which can improve public health. Community service activities carried out by lecturers and students are a "community partnership empowerment" program granted by the Ministry of Research, Technology and Higher Education. Stunting cases in the Montasik Health Center work area are very high (261 stunting, 144 wasting, and 348 underweight children). Based on this, an intervention model is needed that can be applied by officers at the Montasik Health Center to mothers who have toddlers in preventing new stunting cases and increasing insight to increase the use of Moringa leaves as a source of high nutrition as a food additive for toddlers and children. The intervention model provided includes five food menus that are liked by toddlers and children, namely moringa meatballs, moringa ice cream, moringa nuggets, moringa noodles, moringa cookies. The results of this community service are expected to contribute to Montasik Health Center officers to implement a food menu intervention model with the addition of Moringa leaf flour to meet the nutritional needs of toddlers and children so that in the long term it can reduce stunting cases.

Keywords: *Counseling, Training activity, Intervention models, Stunting.*

INTRODUCTION

Stunting is a chronic nutritional problem that requires fast and appropriate treatment (1). The high number of stunting cases in Aceh Province in 2022 (31.2%) (2,3), especially in Aceh Besar Regency in the same year (27%) (4), is a serious health problem. The national stunting prevalence target in 2024, which is 14% (2). In an effort to accelerate the handling of stunting cases, the Aceh Besar government has implemented various interventions such as the formation of the Stunting Reduction Acceleration Team (TPPS), upgrading and training for village cadres, midwives and family support groups at risk of stunting, and the Foster Parents of Stunting Children (BAAS) program to provide 1 egg every day for three months (5).

The innovation program is also implemented by the Montasik Health Center as a partner in community partnership empowerment activities, namely GEMA ASI (Community Movement for Exclusive Breastfeeding), CS Kober (preventing stunting in at-risk groups), socialization and provision of iron tablets for adolescent girls in schools and Islamic boarding schools, JATMIKO (picking up and dropping off pregnant women at risk), and mentoring special classes for pregnant and breastfeeding mothers (6). However, these efforts have not been able to provide maximum results, until December 2023 the number of stunted toddlers is still high in the Montasik Health Center work area (7). The menu served in the Montasik Health Center work area for toddlers and children is still less attractive (Picture 1). Another problem is that local plants that have high nutritional value such as moringa have not been cultivated properly so that their growth is not maintained and affects the quality of the primary and secondary metabolites of the plant. The

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potential for flora diversity in the Montasik Health Center work area is relatively high, this is supported by the topography of 30 villages in this area located in hilly and rice field areas and most of the people work as farmers. The vastness of the land causes many diverse plants to grow so that if the land is managed properly by planting local phytopharmaceutical plants that have properties, one of which is preventing stunting, it will greatly support the government's efforts to realize the prevalence of stunting below 14% in the Montasik Health Center work area. Local plants that have great potential to prevent stunting and have other pharmacological effects are moringa leaves (*Moringa oleifera*) (8-10).

Moringa leaves contain vegetable protein, macro and micronutrients, folic acid and minerals such as Fe, Na, Ca, beta carotene, vitamins E and C, antioxidants. The content of these nutrients can increase amino acid regulation, improve the immune system, prevent infection, act as anti-inflammatories, antioxidants, and anti-anemia (9). The potential of local plants (Moringa leaves) in preventing stunting and the use of land for cultivating moringa plants needs to be given a touch of science and technology related to improving the skills of health worker groups at the Montasik Health Center and increasing the types of products (Moringa leaves) as local plants to prevent stunting.



Picture 1. The Menu Served in the Montasik Health Center Work Area

METHOD

1. Place and Time

The Community service activity was conducted at the Montasik Health Center on 1-2 October 2024

2. Target Audience

The target for this program is Montasik Health Center Worker. So far, the toddler and child food menu is very simple, unattractive and not varied. Therefore, the intervention model of providing toddler and child food menus with the addition of moringa leaf flour is expected in the long term to reduce stunting cases in the Montasik Health Center work area.

3. Steps in partner issues

To overcome partner constraints, the activities carried out were to provide counseling on the benefits of Moringa and the required dosage and training in cooking 5 toddler and child food menus that were added with Moringa leaf flour and in the long term as support for the Government's program in reducing stunting cases.

4. Implementation Method

The implementation of this activity begins with conducting observations and is continued with socialization to partners in the form of counseling and training. The methods implemented are as follows:

- a) **Pre-PKM preparation and initial audience:** The team conducted a survey to the pkm location to see stunting data and local plants with high nutritional value as nutrients to prevent stunting and to find out the food menu served to toddlers and children. The purpose of this pre-activity is to identify important aspects and evaluate the problems and needs of partners. The team also conducted an audience with the head of the Montasik Health Center and collected comprehensive information regarding the conditions and other things needed for the implementation of pkm.
- b) **Socialization:** The team provided counseling to partners regarding Moringa leaves, nutritional composition, efficacy, appropriate dosage and planting techniques.
- c) **Training in cooking toddler and children's food menus with additional Moringa flour:** The team distributed booklets containing food menu recipes, namely moringa meatballs, moringa nuggets, moringa noodles, moringa cookies, and moringa ice cream. Participants were divided into 5 groups according to the menu to be cooked and then the participants were trained to cook the food. The team selected the 2 best participants from each menu group.

5. Partner Participation

Partners participate in all activities starting from providing stunting data, food menus consumed by toddlers and children, local plants that grow in the partner area. Partners are given counseling and training on the taro intervention model, namely the use of moringa flour in foods that toddlers and children like. Partners are expected to be able to apply this intervention model to villages in their work areas, especially during integrated health posts so that in the long term it can reduce stunting cases.

RESULTS AND DISCUSSION

The empowerment activities carried out at the Montasik Health Center lasted for 2 days. On October 1, 2024, the team held a socialization by providing counseling to Health Center officers regarding the high number of stunting cases and the intervention models offered. In addition, the team also explained about local plants that are efficacious in preventing stunting with high nutritional content, namely moringa leaves (Picture 2). The purpose of the socialization is to provide information and knowledge regarding the benefits of local plants that grow in the Montasik Health Center work area and have benefits for reducing the incidence of stunting while supporting government programs.



Picture 2. Socialization of TALAS Intervention Model

The activities carried out on October 2, 2024 included the distribution of booklets, posters and provide an explanation of the intervention model that will be demonstrated (Picture 3). The intervention model provided improved the skills of partners in processing attractive foods that are liked by toddlers and children with the addition of moringa flour. The team hopes that this

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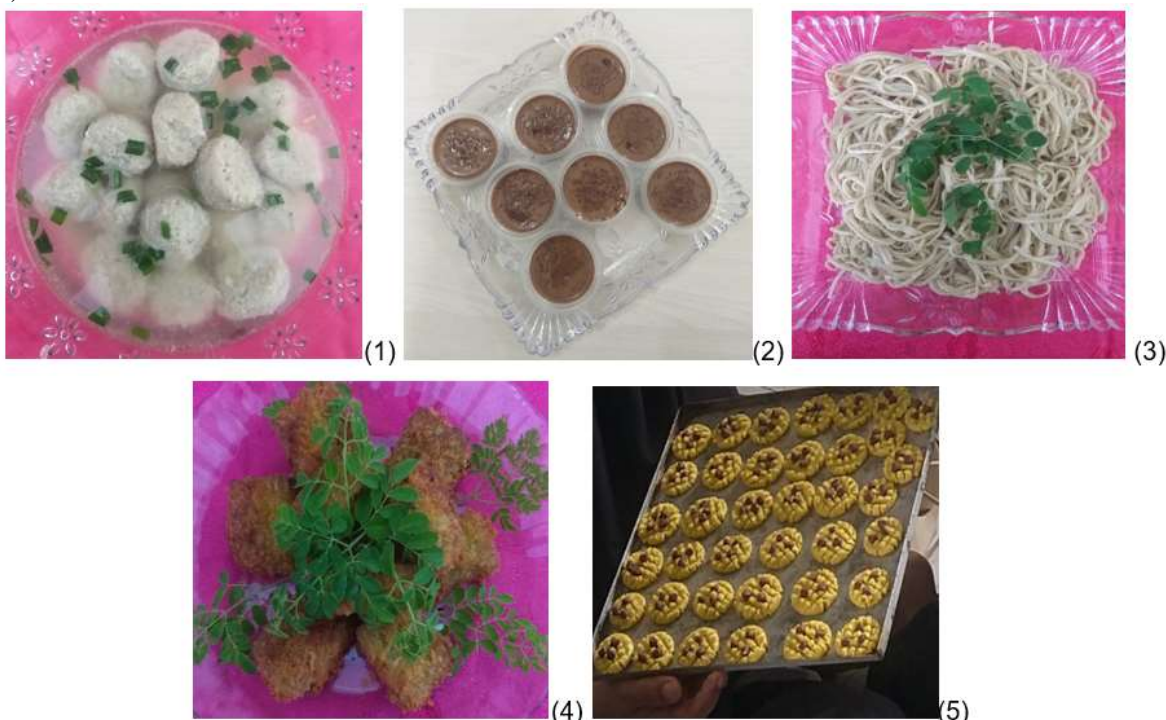
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intervention model can be applied by partners, especially in Posyandu activities and counseling activities in an effort to improve the nutrition of toddlers and children so that in the long term it can reduce stunting cases.



Picture 3. The Team Provides An Explanation Of The Intervention Model

The results obtained from this activity are: 1. Increased knowledge of health workers in the use of taro, especially moringa leaves, as an effort to overcome stunting cases. 2. Improve the skills of health workers in processing food menus with the addition of moringa flour. 3. Partners obtain an intervention model for the use of moringa leaf flour in toddler and child food menus (moringa meatballs, moringa nuggets, moringa noodles, moringa cookies, and moringa ice cream) (Picture 4).



Picture 4. Food Menu Variations. (1) Moringa meatballs, (2) Moringa ice cream, (3) Moringa noodles, (4) Moringa nuggets, (5) Moringa cookies

CLOSING
Conclusion



Community partnership empowerment activities carried out by Lecturers and students of the Faculty of Public Health, University of Muhammadiyah Aceh in collaboration with the Montasik Health Center partner. This activity includes socialization and training related to the use of Moringa leaves as one of TALAS (local plants to overcome stunting) in the food menu for toddlers and children. The result of this activity is an innovation in the intervention model in the form of a food menu with the addition of Moringa leaf flour.

Suggestions and Thank you note

Suggestions

Partners are expected to utilize and implement this intervention model, especially in activities that involve toddlers and children so that good nutritional needs will be met and in the future the Montasik Health Center work area will be free of stunting.

Thank you note

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