

HEALTHY FOOD CREATION TRAINING: A SOLUTION TO PREVENT STUNTING FOR MOTHERS AND CHILDREN AT COMMUNITY HEALTH CENTER IN CIMAHI TENGAH

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ABSTRACT

This community partnership program focuses on supporting the Cimahi Tengah Health Center team by providing input on managing and creating healthy food products. It aligns with the government's broader strategy to reduce stunting in Indonesia by promoting the use of local ingredients in nutritious recipes. In collaboration with the Cimahi Tengah Health Center and Akademi Pariwisata NHI Bandung, the program emphasized the importance of local food resources in combating nutritional deficiencies. By focusing on sustainability and community engagement, the training targeted health professionals, equipping them with the skills to create nutritious, anti-stunting meals that appeal to children and promote healthy eating habits from an early age. The primary purpose of the program was to bridge the gap between nutritional knowledge and its practical application by teaching innovative food processing techniques. It aims to empower health professionals with the tools to create meals that are both nutritious and visually appealing, making them attractive to children. By promoting the use of local ingredients, the program also sought to enhance the value of local commodities while addressing the root causes of malnutrition and stunting. The program achieved all its objectives, with 100% of its goals met. The collaboration between the Cimahi Tengah Health Center and AKADEMI PARIWISATA NHI Bandung played a crucial role in its success. Participants learned hands-on techniques for creating nutritious meals using local ingredients and strategies to encourage children to adopt healthier dietary habits. This initiative not only addressed immediate nutritional needs but also laid the groundwork for long-term health improvements.

Keywords: nutrition; healthy food; stunting prevention

INTRODUCTION

Stunting is a chronic nutritional issue caused by long-term inadequate nutrient intake, leading to growth disturbances in children, including shorter height compared to their peers.

Many believe this is due to genetics, but environmental factors and nutrition play a much larger role. Stunting often starts in the womb and becomes evident when children reach two years of age.

It not only hinders physical growth but also affects brain development, leading to poorer health and learning abilities.

This condition has long-term consequences that can affect an individual's quality of life, productivity, and economic potential. Stunting is still a serious problem facing Indonesia. Based on data from the national nutritional status survey (SSGI) in 2022, the prevalence of stunting in Indonesia was 21.6%. This number decreased compared to the previous year, which was 24.4%. Although declining, this figure is still high, considering that the stunting prevalence target in 2024 is 14. The WHO standard is below 20%.

The prevalence of stunting in Indonesia remains a significant concern, with many children failing to meet their growth and developmental milestones. A lack of balanced nutrition, poor dietary diversity, and limited access to quality healthcare are among the primary contributors to the high rates of stunting in the country. This issue underscores the importance of addressing not only the immediate nutritional needs of children but also the underlying socioeconomic and

environmental factors that contribute to inadequate nutrition. In Potter et al., (2010). Nutrients are elements required for body processes and functions. Energy needs are obtained from various nutrients, such as: carbohydrates, protein, fat, water, vitamins, and minerals.

According to WHO (2015) in Susanti (2022), *stunting* is a disruption in the growth and development of children due to chronic malnutrition and recurrent infections, which is characterized by their body length or height being below standard WHO (2015). Furthermore, according to WHO (2020) in Susanti (2022) *stunting* is short or very short based on length / height according to age which is less than -2 standard deviation (SD) on the WHO growth curve which occurs due to irreversible conditions resulting from inadequate nutritional intake and/or recurrent/chronic infections that occur within 1000 HPK. Stunting is a description of chronic malnutrition status during growth and development since early life Ni`mah et al., (2015) Tackling stunting nationally must involve multi-stakeholders. For stunting prevention programs to be

successful, the government, health workers and the community must collaborate in Utari (2023).

To address this, the Indonesian government has implemented several strategies aimed at reducing stunting rates. One of the notable steps is the issuance of Presidential Regulation No. 72 of 2021 concerning the acceleration of stunting reduction, as a legal basis for work for ministries and institutions including Badan Riset dan Inovasi Nasional (BRIN). Which provides a framework for improving food and nutritional security across the nation.

This regulation demonstrates the government's commitment to tackling the root causes of stunting and emphasizes the importance of multisectoral collaboration, involving various stakeholders in health, agriculture, education, and social welfare. Handling stunting is a strategic issue that is the goal of various countries. So that it becomes one of the priority programs towards social welfare. So cross-sectoral involvement is needed in efforts to deal with poverty which has an impact on the problem of stunting in Rusliadi, et al (2024).

Handling stunting needs to involve related parties in efforts to reduce stunting which are carried out holistically, integratively and with quality in accordance with what was conveyed by the Head of the BRIN Health Research Organization Indi Dharmayanti (2023). In detail, stunting data per province in Indonesia in 2022, as shown in the following table:

No	Province	Prevalence (Percentage)
1	Aceh	31,2
2	Sumatera Utara	21,1
3	Sumatera Barat	25,2
4	Riau	17
5	Jambi	18
6	Sumatera Selatan	18,6
7	Bengkulu	19,8
8	Lampung	15,2
9	Kepulauan Bangka Belitung	18,5
10	Kepulauan Riau	15,4
11	DKI Jakarta	14,8
12	Jawa Barat	20,2
13	Jawa Tengah	20,8
14	DI Yogyakarta	16,4
15	Jawa Timur	19,2
16	Banten	20
17	Bali	8
18	Nusa Tenggara Barat	32,7
19	Nusa Tenggara Timur	35,3
20	Kalimantan Barat	27,8
21	Kalimantan Tengah	26,9
22	Kalimantan Selatan	24,6
23	Kalimantan Timur	23,9
24	Kalimantan Utara	22,1
25	Sulawesi Utara	20,5
26	Sulawesi Tengah	28,2
27	Sulawesi Selatan	27,2
28	Sulawesi Tenggara	27,7
29	Gorontalo	23,8
30	Sulawesi Barat	35
31	Maluku	26,1
32	Maluku Utara	26,1

33 Papua Barat	30
34 Papua	34,6

Source: <https://databoks.katadata.co.id/>

According to Novitasari (2011) Good nutritional status is one of the determining factors for the success of human resource development. Nutritionally vulnerable groups in Indonesia are pregnant women, and toddlers. Toddlers are a nutritionally vulnerable group. Nutritionally vulnerable groups are those who are most likely to suffer from nutritional disorders when a community is exposed to food shortages. Nutritionally vulnerable groups include infants, toddlers, school children, adolescents, pregnant women, nursing mothers, and the elderly. The toddler group experiences a cycle of growth and development that requires nutrients that are greater than other age groups so that toddlers are the easiest to experience nutritional disorders. The incidence of malnutrition is like an iceberg phenomenon where there are only a few cases that appear on the surface but the cases that occur in the community. Novitasari (2011).

According to the Ministry of Health of the Republic of Indonesia, the prevalence of stunting in Indonesia

in 2022 reached 21.6%. This figure indicates that more than one in five Indonesian children are stunted. Stunting is a condition in which a child's height is lower than the average for his or her age. Stunting is caused by chronic malnutrition that persists over a long period of time.

According to Utari et al (2023) Preventive measures against stunting require a comprehensive approach, starting from pregnancy. Adequate maternal nutrition is critical to ensure that children receive the nutrients they need for optimal growth and development even before birth. For this reason, educational programs and nutritional support for pregnant mothers are essential components of Indonesia's anti-stunting efforts. Proper maternal care, regular prenatal checkups, and a diet rich in essential nutrients can greatly reduce the risk of stunting in newborns.

According to the Indonesian Ministry of Health (2018), there are three things that must be considered in preventing stunting must be considered in preventing stunting, one of which is improvement of diet. The problem of stunting is influenced by low access to

food in terms of quantity and nutritional quality, and often not diverse often not diverse Community health centers have a role in preventing stunting. According to Utari et al (2023), efforts to prevent stunting have been implemented in Indonesia, such as giving exclusive breast milk, giving complementary foods to breast milk (MPASI), weighing and measuring babies, examining pregnant women, giving blood supplement tablets (TTD), and providing food. additional (PMT) for pregnant women who suffer from special diseases. Health and nutritional conditions before and during pregnancy and after childbirth affect growth and the risk of stunting. In Sulistiyani (2014) Stunting begins to occur when an adolescent becomes a mother who is undernourished and anemic, it becomes worse when pregnant with insufficient nutritional intake. nutrition that does not meet the needs, this condition has an impact on the baby who is born Ministry of Health (2014). impact on the baby who is born Ministry of Health (2018).

In support of these national efforts, an anti-stunting food creation training will be conducted at the Cimahi Tengah

Health Center Auditorium on May 14, 2024. This training is specifically designed to equip mothers and children with the knowledge and skills needed to prepare nutritious meals using local ingredients. The event will focus on practical solutions that can be implemented within families and communities, thereby creating a ripple effect that promotes healthy eating habits among children.

Local food in Indonesia is abundant, starting from protein sources such as chicken, fish-based ingredients ,vegetables and fruit as an effort to prevent stunting . Apart from that, health services should empower cadres in health promotion to prevent stunting by processing food menus and packaging according to local wisdom which is easily available in the area Yorita et al, (2023).



One unique aspect of this training is the emphasis on creating bento-style meals. Bento, which originates from

Japan, is a form of meal preparation that prioritizes visual appeal as much as nutritional balance. By arranging food in creative and engaging ways, bento encourages children to eat a variety of foods, including vegetables, fruits, and protein sources, which are essential for their growth. The hope is that this visually stimulating approach will make healthy eating more appealing to young children.

The training program at Cimahi Tengah will be a collaborative effort between the health center and Akademi Pariwisata NHI Bandung. As an institution with expertise in food processing education, Akademi Pariwisata NHI Bandung is well-positioned to provide valuable insights into healthy food preparation techniques. This collaboration not only leverages the expertise of both institutions but also fosters a strong community partnership that enhances local capacity in addressing stunting.

To maximize the reach and impact of the event, influencers and food bloggers will be invited to participate and promote the program on social media. Their involvement is expected to raise awareness about stunting

prevention and healthy eating among a wider audience, particularly among younger generations. Social media's influence in shaping public perceptions of nutrition and health makes it an effective platform for disseminating information and inspiring positive changes in dietary habits.

This initiative is more than just a one-time event; it is part of a larger effort to combat the misconceptions surrounding stunting. Many people still believe that stunting is purely genetic and cannot be prevented. By educating mothers and caregivers about the critical role of early nutritional interventions, the program aims to dispel these myths and encourage proactive steps in stunting prevention.

Moreover, the program will provide participants with practical skills that they can apply in their daily lives. This approach ensures that the knowledge gained during the training has a lasting impact, enabling families to make healthier food choices long after the event concludes. By fostering self-sufficiency in nutrition, the program contributes to a sustainable solution for stunting prevention.

The collaboration between the Cimahi Tengah Health Center and Akademi Pariwisata NHI Bandung is also an important step towards fostering long-term community involvement. Community-based programs like this one empower local residents to take ownership of their health and well-being. By providing mothers and caregivers with the tools they need to create nutritious meals, the program builds a foundation for healthier communities and a brighter future for children.

In conclusion, the anti-stunting food creation training at Cimahi Tengah represents a holistic approach to addressing stunting. By combining education, practical skills, community involvement, and social media outreach, the program aims to create a sustainable impact on the nutritional well-being of children in the area. Through this initiative, the Cimahi Tengah Health Center and Akademi Pariwisata NHI Bandung hope to inspire other regions to adopt similar strategies in the fight against stunting, ultimately contributing to a healthier, more prosperous Indonesia.

IMPLEMENTATION METHOD

The stages or steps in implementing the solution offered to overcome the problem are as follows: (1). Coordination with Cimahi Tengah Health Center Event Organizers: The Cimahi Tengah Health Center team is one of the main initiators of this event, dedicated to improving the health of mothers and children in the community. The team plays a key role in coordinating event logistics, including arranging the location and schedule, ensuring that everything runs smoothly and effectively.

A central focus of the event is on promoting the use of local food ingredients and their processed products. By encouraging participants to use locally sourced ingredients, the program aims to make healthy food more accessible and sustainable, while also supporting local agriculture and food production. (2). Coordination with Event Participants: Coordination with event participants, including lecturers, instructors, and students from Akademi Pariwisata NHI Bandung 's hospitality program specializing in kitchen and pastry, is crucial to enhancing participants' skills and

maximizing the potential of everyone involved. This teamwork not only supports the smooth execution of the event but also ensures that ingredient usage is efficient, minimizing waste and making the most of available resources.

Additionally, the event will provide participants with valuable insights into the nutritional value of each dish prepared. By understanding the health benefits of the ingredients, participants can develop a deeper appreciation for nutritious cooking, which they can apply in their personal and professional lives, promoting healthier food choices within their communities. (3).
Establishing Priorities, Event Schedule, and Venue: Establishing clear priorities, schedules, and the location is crucial to ensure the event runs smoothly and meets its objectives. This structured approach enables the organizers to align all resources and preparations effectively, providing a well-organized experience for participants.

Since the event is specifically aimed at the Cimahi Tengah Health Center team, careful planning is essential to address their unique needs and goals.

By focusing on these logistical elements, the event can provide a tailored experience that empowers the health center team to make a lasting impact in their community. (4).
Execution of Activities According to Priorities The implementation of each activity is based on a priority scale, ensuring that the most critical aspects of the program are addressed first. This strategic approach allows for efficient use of resources and maximizes the impact of the training. By identifying and focusing on priority areas, the program can effectively meet the immediate needs of the participants and the community, laying a solid foundation for long-term success in combating stunting.

The implementation method includes a series of structured activities designed to achieve specific goals. These activities encompass training sessions, hands-on cooking demonstrations, and collaborative discussions, all aimed at equipping participants with the necessary skills and knowledge. By engaging participants actively through practical applications, the program fosters a deeper understanding of nutrition and

creative food preparation, ultimately empowering them to implement these practices within their own communities. This comprehensive approach ensures that the training is not only informative but also actionable, promoting healthier eating habits among mothers and children. Implementation of each activity is based on a priority scale. The implementation method is as follows:

Table 1. Activity Solutions

No	Activity Solutions	Method
1	Providing Knowledge about interesting food creation products	Explanation and questions and answers
2	Providing knowledge about the use of raw materials for the processing of interesting products to improve the efficiency of raw materials	Presentation, question and answer, practice and demonstration
3	Food Processing Demonstration for the Central Cimahi Health Center Health Team	Practice and demonstration. Practice product presentation, garnish and attractive ice breaking

(5). Activity Evaluation: Evaluation is conducted after all partnership solutions have been implemented to assess the effectiveness and impact of

the program. This evaluation process is carried out in collaboration with the Cimahi Community Health Center to ensure that all relevant parties can provide feedback and insights on the program's outcomes and any areas needing improvement. (a). Hold a meeting with the Community Health Center: The first step in the evaluation process is to hold a formal meeting with the Cimahi Community Health Center team. In this meeting, the health center team and other stakeholders discuss the implementation of the partnership program, review any challenges encountered, and assess the program's success in meeting its objectives. (b). Feedback and input from Cimahi Community Health Center regarding the partnership program: This feedback is essential to understand the program's strengths and identify areas for improvement. The Cimahi Community Health Center team provides insights into the impact of the implemented solutions, the program's effectiveness, and how well it has supported the community. This information will serve as a foundation for refining and adjusting the program as needed. (c). Sustainability plan:

After gathering feedback, the next step is to develop a sustainability plan. This plan outlines strategies to maintain and expand the program's benefits over the long term, ensuring that positive changes continue beyond the initial implementation. With a clear sustainability plan, the Cimahi Community Health Center and partners can work together to reinforce the program's lasting impact within the community.

RESULT AND DISCUSSION

The results achieved in the Community Services activity titled "Healthy Food Creation Training: A Solution to Prevent Stunting for Mothers and Children at the Community Health Center in Cimahi Tengah," in collaboration with the Cimahi Tengah Health Center team, were successfully completed, reaching 100% of its overall goals. This accomplishment not only reflects the commitment of all stakeholders involved but also underscores the importance of addressing stunting as a significant public health issue. By focusing on educating mothers and caregivers about healthy food preparation, the program aims to foster sustainable changes in

dietary habits within the community. Here's a picture of the training results:



Figure 1. Training Results

To ensure the program's success, several key steps were taken throughout its implementation. The first step involved securing necessary permits and duplicating the proposal to formalize the initiative. This process was essential for compliance with local regulations and ensured that the program was authorized to proceed. Obtaining the appropriate permits demonstrated accountability and transparency, setting a strong foundation for the training's execution.

Following the initial preparations, extensive coordination was conducted with the Cimahi Tengah Health Center team. This involved both offline and online meetings to facilitate effective

communication and collaboration. These discussions were critical for aligning the objectives of both organizations and enabling the sharing of resources and expertise. By engaging in regular communication, the teams were able to address logistical details, share insights, and tailor the training content to meet the specific needs of the community, enhancing its relevance and impact.

Ultimately, the program's successful completion and the achievement of its goals highlight the positive outcomes that can result from such collaborative efforts. By empowering mothers and caregivers with valuable knowledge and skills related to healthy food creation, the initiative not only contributes to preventing stunting but also promotes long-term health benefits for families in the Cimahi Tengah community. The lessons learned and the connections made during this program will serve as a valuable resource for future initiatives aimed at improving nutritional outcomes and addressing public health challenges.

In collaboration with the Cimahi Tengah Health Center team,

were successfully completed. The program achieved 100% of its overall goals. The steps taken include: (1). Permits and Proposal Duplication: The first step involved securing the necessary permits and duplicating the program proposal to formalize the initiative. This process was essential to comply with local regulations and ensure that the program was authorized to proceed. By obtaining the appropriate permits, the organizers demonstrated their commitment to accountability and transparency, laying a solid foundation for the program's implementation. (2). Coordination with the Cimahi Tengah Health Center Team Coordination was carried out through both offline and online meetings with the Cimahi Tengah Health Center team. The outcome of these meetings included planning and activity scheduling. The initial coordination focused on the roles of each party, with the Health Center team serving as the organizer and responsible for specific targets. Collaboration with experts in their respective fields was required. The Cimahi Tengah Health Center team provided: Training venue, Sound

system, Tables and chairs for the training, MC, and Raw materials for the activities. Akademi Pariwisata NHI Bandung, with its expertise, planned and organized according to the partner's capacity and needs. (3).

Internal Coordination
This phase analysed the situation, target conditions, and available resources to identify solutions to the challenges. The training involved 50 participants, which became the promotional target for Akademi Pariwisata NHI Bandung.

The results of the training for the Cimahi Tengah Health Center team in creating dishes using local ingredients, conducted in collaboration with the Cimahi Tengah District Government, are documented and available at the Litabmas Unit. This documentation includes various aspects of the training process, such as participant feedback, recipes developed, and the nutritional content of the dishes created. By making this information accessible, the program ensures that the knowledge gained can be shared and utilized effectively within the community.

Overall, the program achieved 100% of its planned goals,

demonstrating its success in fostering healthier food practices among health professionals. This accomplishment reflects the commitment of all parties involved, as well as the effectiveness of the training methods employed. The ability to successfully train participants in the creation of nutritious meals using local ingredients not only addresses the immediate issue of stunting but also promotes the use of local food resources, enhancing community engagement and sustainability.

According to Candra et al., (2022), in the current era food has undergone improvements and developmental changes, namely by providing rice, cassava, corn and other supporting ingredients to support the taste, texture, aroma and shape, so the food can be said to be nutritious. Food business actors like this need to evaluate better marketing strategies so that their products can reach a wider market. Carry out guidance and collaboration with related parties so that this business continues to receive attention in increasing production Mulyati et al, (2020).

Furthermore, the outcomes of this training have the potential to create a

ripple effect within the community. As health professionals apply their new skills in their respective roles, they can influence mothers and caregivers to adopt healthier eating habits for their children. This initiative not only empowers the health center team but also equips them with the tools needed to advocate for better nutrition practices, ultimately contributing to the long-term goal of reducing stunting rates in the Cimahi Tengah area.



Figure 2. Training Implementation

CONCLUSION

In collaboration with the Cimahi Tengah Health Center team was successfully conducted. The Anti-Stunting Food Creation Training generated strong enthusiasm from the Cimahi Tengah Health Center team, reflecting the community's dedication to addressing stunting through practical initiatives. This event emphasized hands-on training and nutritional

education, focusing on creating healthy, appealing meals to promote better eating habits, particularly among children. The active involvement of local health professionals highlighted their crucial role in combating stunting and reinforced the importance of integrating nutritional strategies into community health practices.

Akademi Pariwisata NHI Bandung showcased innovative uses of local ingredients to create nutritious, appealing dishes during the training. This approach not only demonstrated the potential of locally sourced foods in addressing stunting but also inspired the Cimahi Tengah Health Center team by providing practical, culturally relevant examples. By leveraging familiar and accessible resources, the training underscored sustainability and adaptability, offering solutions that align with the community's dietary habits and preferences.

The collaboration with the Cimahi Tengah Health Center is expected to significantly enhance the creation of anti-stunting food solutions by incorporating locally sourced ingredients. This initiative not only promotes healthier dietary practices but

also strengthens the value of local commodities, fostering sustainability. Additionally, the partnership equips health professionals with essential skills to develop innovative, nutritious products that may also contribute to economic growth. By empowering the health Center team with knowledge and hands-on experience, this collaboration lays the foundation for long-term improvements in community health and nutrition.

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