

Health Counseling About the Danger of Overnutrition and Healthy Menu Simulation For Primary School Children at MIN 7 Jakarta

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Abstract

In fact, in DKI Jakarta the prevalence of excess weight in children aged 5-12 years is 15.2% and obesity is 14.0% (2). Nutrition is more a condition of abnormality or excess accumulation of fat in tissue. There are two types of overnutrition problems, namely excess weight and overnutrition. The BMI limit for being categorized as overweight is between 25.1-27.0 kg/m², while obesity is ≥ 27.0 kg/m². Elementary school (SD) students are young people who are vulnerable to nutritional problems because children have more varied eating and tastes and want to try various foods and drinks that are high in glucose. Not all elementary schools have a healthy canteen. From the preliminary study that has been carried out, MIN 7 Jakarta has the potential to have more nutrition, with several students found to be in the excess weight category.

The aim of this community service activity is to provide education through health promotion to elementary school children about the dangers of overnutrition on their health and future as well as simulating a healthy menu for elementary school children. This community service was carried out at the MIN 7 Jakarta School in the East Cengkareng area, West Jakarta on December 8 and 13 2023. The activity began with carrying out permits, data collection, data analysis, FGD with several stakeholders to determine priority problems for intervention. December 13, by gathering 20 MI 5th grade students, providing education regarding the dangers of overnutrition, a demonstration on making guava juice and providing guava juice and samples of healthy food, then an evaluation was carried out to assess how big the impact of the results of the community service implementation was. Evaluation is carried out by discussion and question and answer. It is hoped that the results of this community service will be used as an alternative ingredient to help fulfill elementary school children's nutrition by using guava fruit as a herbal therapy that can help keep children full for longer.

Keywords: Over nutrition, school health workers

Introduction

In Indonesia (2018), the prevalence of overnutrition has increased significantly in most age groups. In children aged 5-12 years, from 9.2% to 20%, adolescents aged 13-18 years from 1.9% to 14.8% and adults over 18 years from 21.7% to 35, 4% (3) (1). Nationally, 11.9% of children aged 5-12 years who are overnourished live in urban areas and 9.6% in rural areas, while 10.5% of those who are obese live in urban areas and 7.8% in rural areas. (1) shows that in DKI Jakarta the prevalence of excess weight in children aged 5-12 years is 15.2% and obesity is 14.0% (2).

Increased nutritional risk is more related to several individual, biological and behavioral factors, including: a). Prenatal and perinatal conditions that have an impact on the future, b). Poor diet, c). Insufficient physical activity (less than 60 minutes/day) due to poor availability and quality of active mobility infrastructure as well as air pollution that limits safe outdoor physical activity (3).

Obesity in children will have an impact on three components, namely psychosocial complications and mental health, economics and non-communicable diseases (NCDs). Children with obesity tend to lack self-confidence, become victims of bullying and experience stress and depression. Apart from that, in the long term there is a risk of experiencing various NCDs, such as: hypertension, heart disease, diabetes mellitus, asthma. This situation results in disruption of the economic stability of the family and the country (3) (4).

In 2017, the Directorate of Prevention and Control of Non-Communicable Diseases (P2PTM) published guidelines for the Indonesian Movement to Reduce Obesity Rates (GENTAS) which focuses on promoting healthy eating and physical activity. The Directorate of Health Promotion and Community Empowerment has established the Healthy Living Community Movement (GERMAS) and CERDIK programs to promote healthy lifestyles through a holistic approach that includes physical activity, healthy eating patterns and other behaviors (such as sleep and stress management), as well as routine health checks for detection. early disease. In 2012, the Ministry of Health also issued Guidelines for Obesity Among School-Age Children (5).

In its implementation, this national policy is often not translated into quality programs implemented on a large scale for various reasons, including a lack of coordination between the central government and regional governments and across sectors (6).

Undernutrition is not yet seen as a serious threat to the nation. In early 2022, the P2PTM Directorate with UNICEF support is completing the development of Technical Guidelines for Early Detection and Intervention of Integrated Overweight and Obesity in school-age children, which focuses on strengthening screening, early detection and intervention in the health sector, educational facilities and for parents and caregiver (7). Elementary school (SD) students are young people who are vulnerable to nutritional problems because children have more varied eating and tastes and want to try various foods and drinks that are high in glucose. The school also prepares personnel who specifically manage UKS, so that implementation in the field runs well. The UKS functions very well, where health services are provided by health workers from the community health center not only when providing immunizations but also health education.

Not all elementary schools have healthy canteens, the large number of snacks around the school that are less controlled in terms of safety provide opportunities for children to snack and try various foods that they find interesting in terms of taste or color. From the preliminary study that has been carried out, MIN 7 Jakarta has the potential to have more nutrition with the discovery of several students who are in the excess weight category. The UKS at MIN 7 Jakarta is functioning very well, where health services are provided by health workers from the community health center not only when providing immunizations but also health education. Children with more nutrition are sometimes bullied by their friends, which touches the child's psychology. Regarding socio-economics, from information obtained from the school, in general the MIN 7 Jakarta that we visited came from families with upper and lower middle economic levels, on average they were native residents of Jakarta. This of course influences the characteristics and culture of eating behavior. If children with nutritional status are more in the overweight category, if not treated properly they will progress to obesity, while those who are obese can get worse. In addition, children with nutritional status are more vulnerable to becoming victims of bullying from peers, which can reduce self-confidence which has an impact on learning achievement.

The priority issue for the partner group is to focus on nutritional status, because it is a determinant of a child's future in the future. If children with nutritional status are more in the overweight category, if not treated properly they will progress to obesity, while

those who are obese can get worse. In addition, children with nutritional status are more vulnerable to becoming victims of bullying from peers, which can reduce self-confidence which has an impact on learning achievement.

The complementary provision of guava juice is based on evidence that guava fruit can be the right choice for a healthy diet. Apart from being rich in nutrients that are healthy for the body, guava can provide 49 calories of energy per 100 grams. The fiber content of guava can also last a long time in the stomach, making you full longer.

From the explanation above, we are interested in conducting research to find out the effect of giving guava juice to elementary school students with the aim of helping them fulfill healthy food and drinks without incurring expensive costs and can make them full longer, so that the desire for snacks is reduced.

Method

This community service was carried out at the MIN 7 Jakarta School in the East Cengkareng area of West Jakarta on December 8 and 13 2023. The activity began with carrying out permits, data collection, data analysis, and continued with FGD with several stake holders to determine priority problems. An intervention will be carried out, then on December 13 an intervention will be carried out by gathering MI grade 5 students. 20 people attended the activity. The activity began by providing education regarding the dangers of overnutrition, a demonstration on making guava juice and providing guava juice and examples of healthy food, then an evaluation was carried out to assess how big the impact of the results of the community service implementation was. Evaluation is carried out by discussion and question and answer.

Results

Before carrying out Community Service activities, on December 8 2023 we coordinated with Posyandu cadres and local school principals to arrange the time and place for Health Education so that students could take part in this activity. The Community Service Team succeeded in obtaining permission from the Head of the School and the Head of the local RT, that the time for Community Service implementation was set for December 13 2023 with the topic of Health Education about the Dangers of Over-Nutrition and Healthy Menu Simulation for Elementary School Children in Min 7

Jakarta. The planning stage begins with submitting a proposal. Next, make an activity permit. Before starting the activity, the community implementation team made an initial visit to the location of the activity. The counseling will be held on Wednesday, December 13 2023 at 08.00 – 11.00 WIB with the theme "Is It Really Healthy to Be Fat? ". The counseling participants were 20 MI 5th grade students.

One of the themes discussed in this counseling is the benefits of guava juice, which with its fiber makes you full longer and has many other health benefits.

Participants in this health education included participants with varying body weights, from thin to fat. The extension activity began with an activity explaining the dangers of overnutrition and obesity, discussion and questions and answers about the benefits of guava juice. In presenting the material, the Community Service Team used PPT media and leaflets to make it easier for participants to understand the explanation from the presenters.

Discussion

Presenting the discussion in the order of the formulation of the questions. The discussion is an activity to compare with previous community service articles. The discussion must interpret the findings expressed in the results obtained with the background of existing knowledge (not repeat the result). The discussion must highlight what's new. State the advantages and disadvantages of community empowerment activities that are carried out with the conditions of the surrounding community.





After the implementation phase is complete, an evaluation is carried out to assess how big the impact of the results of the implementation of community service is. Evaluation carried out by discussion or question and answer. Based on the results of the implementation of community service outreach, 20 students were very active during the activity with a question and answer session. The participants were willing to come forward and explain again. This community service activity was well organized and ran smoothly in accordance with the activity plan that had been prepared. From the results of the questions and answers conducted, it had a good impact on participants, namely increasing participants' knowledge about Extra Nutrition, especially about the benefits of guava juice to help you stay full longer. The aim of this activity is an effort to improve health status through promotional efforts by providing information on the benefits of guava juice and healthy food. Students can also carry out sports activities in their free time to optimize their health status. The media and tools provided are leaflets, guava and honey. , blender, blood pressure monitor and stethoscope. The method used is lecture, question and answer or evaluation by practicing making guava juice.

Conclusion

It is hoped that the results of this community service will be used as an alternative ingredient to help fulfill elementary school children's nutrition by using guava fruit as a herbal therapy that can help keep children full for longer. For health workers, it is hoped that this research can be used as a reference for midwives or colleagues to be able to share and intervene in community midwifery actions as a complementary therapy to help fulfill children's nutrition and control snack cravings using guava juice therapy. And for researchers who are interested in this research, it is hoped that they can increase the time span when administering guava juice, so that the results can be more accurate and significant.

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