



## Accelerating Stunting Reduction by Empowering Posyandu Cadres and Village Officials in Monitoring Nutritional Status and Providing Additional Food to Pregnant Women

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### ABSTRACT

The low nutritional status of pregnant mother during pregnancy can result various adverse effects for mother and baby. Poor nutritional status in toddlers possible happen problems/delays development. In Dairi Regency has 189 toddlers (0.2 %) living in Bottom of the Line Red (BGM). Prevalence stunted toddlers in Dairi Regency in 2018 amounted to 23.3 %. That's why it's done empowerment cadres and village officials to monitor nutritional status and giving complementary food for pregnant mother and toddler to prevent stunting. Through increasing the knowledge and skills of cadres and village officials for achievement reducing the incidence of stunting in improving the nutritional status of pregnant women and toddlers can be done with nutritional surveillance by monitoring activities: recovery food complementary, administration of vitamin A, TTD, taburia, zinc, stimulation. This activity was attended by pregnant women, mothers of toddlers, cadres and village officials who were very enthusiastic about listening to the presentation by the service team about what is meant by stunting, its causes, treatment, and the role of cadres and village officials regarding the stunting problem. Discussions and questions and answers were also very interactive, showing the great attention paid to service activities. Apart from that, this service activity also provides complementary food to pregnant women and toddlers. Based on this, community service activities empowering the role of cadres and village officials to monitor nutritional status of pregnant mother and toddler for prevent stunting can increase knowledge and skills of partner in give knowledge and skills to pregnant and toddler for increase their nutritional status. It is hoped that this service activity can reduce the prevalence of stunting and other malnutrition problems.

**Keyword:** Stunting, Empowerment, Posyandu Cadres, Village Officials, Nutritional Status, Pregnant Mother



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### 1. Introduction

World health program emphasize potency role cadre health and village officials to improve the level of community health. Not only cadres can do monitoring growth just, but also monitoring development, so that problems in the development of babies/toddlers can be detected in a way early. Perception positive must owned every cadre so that service health can run optimally. Low cadre participation has an impact on awareness public for come in activity monitoring nutritional status of children.

The prevalence of stunted toddlers in Dairi Regency in 2022 is 23.3 % . It is important to reduce stunting as early as possible to avoid impacts period long Which harm like obstruction grow flower child. Stunting affects brain development so that the child's intelligence level does not maximum. Matter this risky reduce productivity on moment mature [1]. Stunting it also makes children more susceptible to disease. Stunted children are at greater risk suffer from chronic diseases in adulthood. In fact, stunting and various form problem nutrition estimated contribute on disappearance 2-3% Product Domestic Gross (GDP) every year.

One of the efforts to reduce stunting that is by doing *specific nutrition* intervention (recovery complementary food, Vitamin A, Iron tablet, Taburia, Zinc, stimulation) and sensitive nutrition intervention (endurance food family, food diversity, family income, social assistance, housing, sanitation and clean water). Specific and sensitive management of nutritional interventions is expected able to reduce chronic energy malnutrition of pregnant mother, decrease in numbers Low Birth Weight (LBW) and body length <48 cm, the quality of provide complementary food coverage increases, and the nutritional intake of pregnant women and toddlers is adequate and quality so that prevalence toddler and child stunting decrease [2].

Role cadre in empowerment public born as manifestation factormotivation for increase health family and community, ability identify needs and barriers in health services, understanding source power which available in public, ability coordination with figure public, government and officer health for push public participate in service health in a way independent. Official village as extension hand government center which own role strategic in arrangement village and success development national, because of its important role it is necessary to be involved in surveillance nutrition to use monitor status nutrition pregnant mother and toddler for prevent stunting [3].

The important role of cadres and village officials in monitoring maternal nutritional status pregnant and toddler so from that need done devotion this for overcome status issue nutrition in pregnant women and toddlers in the work area Public health center Sitinjo I Dairi Regency.

### *1.1. Objective*

1. Activate cadre roles and official village in providing motivation for mothers of toddlers so that routine to integrated Healthcare Center.
2. Activate cadre roles and officials village in providing information for pregnant mother about the importance feeding addition
3. Activate cadre roles and officials village in providing motivation for mothers of toddlers for sufficient nutritional needs toddler

## **2. Implementation Method**

### *2.1. Method Approach Which used in Community Service Program*

Implementation of the service program begins with an initial survey in May 2023 regarding the prevalence of stunting and the role of posyandu cadres and village officials. In August, after signing the service contract in August 2023, we met with Mr. Parulian Kudadiri, the head of Sitinjo I village, Dairi Regency, to convey plans for service activities. Next, discuss when and where suitable service activities will be carried out. Method approach which done is by providing an understanding of stunting, the principles of providing complementary food to pregnant women and toddlers, the role of posyandu cadres in monitoring nutritional status, and the role of village officials in monitoring nutritional status and preventing stunting. After delivering the learning material, the service team then provided additional food to pregnant women and toddlers.

## **3. Results and Discussion**

### *3.1. Activity Scheduling*

After the service team leader signs, the service contract, activities are scheduled between the service team and work partners. With an offline service team meeting and communication via WhatsApp with the village head, it was decided to carry out service activities on 22 - 24 September 2023 in Sitinjo I Village, Dairi Regency.

### *3.2. Implementation of Activities*

Implementation of activities Which done between other:

- 1) Socialization activity devotion that is explanation about enhancement knowledge and skills partner in monitoring nutritional status of pregnant mother as well as giving complementary food in prevent stunting.

Socialization activity dedication on September 22, 2023 was given to partner that is cadre posyandu and village officials in Sitinjo I village, Dairi Regency with objective so that partner understand about meaning And objective exists service activities. Apart from that, this socialization will also form an attitude and desire for want to involved full in activity devotion. Based on matter this so implementation activity walk with good. This socialization was attended by 10 posyandu cadres, 10 village officials, and 20 pregnant women and toddlers.



**Figure 1.** Service team with the Regent of Dairi, Regional Secretary, Inspectorate, Head of Health, Head of Education, Head of Social Affairs

- 2) Recruit cadre Integrated Healthcare Center And apparatus village For follow community service activities.

Recruitment is carried out after socialization of activities. Several posyandu cadres and officials village which motivated for follow activity community service team expresses the willingness and commitment of the community service team to become a participant activity.



**Figure 2.** Recruit cadre Integrated Healthcare Center And apparatus village for follow community service activities

- 3) Implementation of training to increase partners' knowledge and skills in weighing pregnant women and toddlers correctly. Besides that, understand meaning from results weighing heavy body to recommendations that will be followed up regarding the nutritional status of pregnant women and

toddlers. This training significantly provides a good level of understanding making it easier to achieve The goal is posyandu cadres and officials village can help prevent happen stunting and increasing nutritional status of pregnant mother.



**Figure 3.** Implementation of training to increase partners' knowledge and skills in weighing pregnant women and toddlers correctly

- 4) Providing complementary food to pregnant women and toddlers. The types of complementary food given to pregnant women and toddlers are biscuits and vitamins. When giving complementary food, the principles of giving complementary food are also explained nutritious balanced for pregnant women and toddlers. Apart from that, examples of food menus for pregnant women and toddlers were also presented and it was stated that the complementary food provided was sought from material food which relatively cheap and made from base food local. Discussions about providing complementary food to pregnant women and toddlers show that the pattern of feeding pregnant women and toddlers shows that the provision of complementary food still does not meet the nutritional needs of pregnant women and toddlers. Posyandu cadres, village officials and pregnant women were very enthusiastic about asking about guidelines for proper and correct feeding of pregnant women and toddlers and the service team responded well by providing concrete examples. The lack of food provision is both in the amount of food and the type of food which is less varied so that it is not in accordance with the principle of providing food that meets the nutritional adequacy of pregnant women and toddlers. The service team also emphasized that the principle of this feeding prioritizes local food ingredients that are available to be processed according to the tastes of mothers and toddlers so that they have better acceptability and are more economically affordable.



**Figure 4.** roviding complementary food to pregnant women and toddlers

5) Monitoring nutritional status of pregnant mother and toddlers

Monitoring nutritional status is carried out by carrying out weighing heavy body and height measurements of pregnant women and toddlers. Based on the results of the assessment of nutritional status of pregnant women and toddlers, it can be seen that several pregnant women and toddlers have poor nutritional status. The service team provided enlightenment to improve the condition of malnutrition by improving the feeding of pregnant women and toddlers. There were lots of questions asked by posyandu cadres, village officials, and pregnant women about appropriate weight and height and the meaning of the weight and height on health aspects. The service team emphasized the important role of village officials and posyandu cadres in monitoring the nutritional status of pregnant women and toddlers.



Figure 5. Monitoring nutritional status of pregnant mother and toddlers



Figure 6. Group photo with partners

3.3. Activity Evaluation

Evaluation of activities based on the implementation of activities to monitor maternal nutritional status of pregnant mother and giving food The service team also carried out additional work by asking partners, namely the village head of Sitinjo I, what the benefits of the service carried out were. The village head stated that the program for providing complementary food to pregnant women and toddlers would be included in the village financial assistance program. Likewise, the service team asked posyandu cadres whether there was a change in the number of toddlers visiting the posyandu to carry out weight measurements and height measurements

as part of monitoring the nutritional status of pregnant women and toddlers. There is an increase in the number of visits by pregnant women and toddlers to posyandu. It is hoped that this increase in visits will have an impact on improving the nutritional status of pregnant women and toddlers so that it can slowly but surely reduce the prevalence of stunting in toddlers and other malnutrition problems in pregnant women.



**Figure 7.** The service team also carried out additional work by asking partners, namely the village head of Sitinjo I

#### 4. Conclusion

Community service activities can empower posyandu cadres and village officials to help accelerate stunting reduction through increasing their role and contribution in monitoring nutritional status. There is a commitment from village officials to synergism village work programs with programs to improve the nutritional status of pregnant women and toddlers, such as programs for providing complementary food to pregnant women and toddlers. There is an increase in the knowledge and skills of pregnant women and mothers of toddlers regarding stunting and the principles of feeding pregnant women and toddlers.

It is hoped that cooperation and coordination between village officials and community health centers in various village work programs and community health center work programs will be in line with efforts to accelerate stunting reduction and improve the nutritional status of pregnant women and toddlers on an ongoing basis.

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