

Healthy Kitchen Overcoming Stunting or DASHAT (*Dapur Sehat Atasi Stunting*) Assistance Based on Family Farming in Jujun Village, Kerinci

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Abstract

The acceleration of stunting reduction is stated in Presidential Decree No. 72 of 2021. Jambi Province has a prevalence of stunted toddlers of 22.4%. Kerinci Regency is declared as the district with the second highest prevalence of stunted toddlers in Jambi, namely 26.7%. The risk factors for stunting are closely related to fulfilling optimal nutrition during pregnancy, breastfeeding and children under two years of age (First 1000 Days of Life). Fulfillment of nutrition comes from the availability and access to nutritious food. The aim of this community service activity is to provide DASHAT (Healthy Kitchens Overcoming Stunting) assistance based on family farming in Jujun Kerinci Village with the target group of the First 1000 Days of Life, namely pregnant women, breastfeeding mothers and toddlers. These activities include: (1) Assistance to villages in FGD (Focus Group Discussion) integration of DASHAT and family farming as a solution to overcome stunting; and (2) Education on the application of DASHAT comes from family farming; and (3) Demonstration of local food menu processing from animal protein foods. The community service activities that have been carried out are able to increase the understanding of TP-PKK (Family Welfare Empowerment Mobilization Team) cadres in implementing DASHAT (increasing test scores by 6.7 points) and demonstrate the processing of local food menus to prevent stunting, such as Sebarau fish curry.

Keywords: DASHAT; Family Farm; Stunting

Abstrak

Percepatan penurunan stunting tertuang dalam Perpres No 72 Tahun 2021. Provinsi Jambi memiliki prevalensi balita stunting sebesar 22.4%. Kabupaten Kerinci dinyatakan sebagai kabupaten dengan prevalensi balita stunting tertinggi kedua di Jambi, yaitu 26.7%. Faktor risiko terjadinya stunting erat kaitannya dengan pemenuhan gizi optimal pada masa kehamilan, menyusui dan anak dibawah usia dua tahun (1000 Hari Pertama Kehidupan). Pemenuhan gizi bersumber dari ketersediaan dan akses terhadap pangan bergizi. Tujuan dari kegiatan pengabdian masyarakat ini adalah melakukan pendampingan DASHAT (Dapur Sehat Mengatasi Stunting) berbasis pertanian keluarga di Desa Jujun Kerinci dengan sasaran kelompok 1000 Hari Pertama Kehidupan yaitu ibu hamil, ibu menyusui dan anak baduta. Kegiatan ini meliputi: (1) Pendampingan desa dalam FGD (Focus Group Discussion) integrasi DASHAT dan pertanian keluarga sebagai solusi penanggulangan stunting; dan (2) Edukasi penerapan DASHAT bersumber dari pertanian keluarga; dan (3) Demonstrasi pengolahan menu pangan lokal dari pangan protein hewani. Kegiatan pengabdian masyarakat yang telah dilaksanakan mampu meningkatkan pemahaman kader TP-PKK (Tim Penggerak Pemberdayaan Kesejahteraan Keluarga) dalam penerapan DASHAT (peningkatan skor tes sebesar 6.7 poin) dan mendemonstrasikan pengolahan menu pangan lokal untuk mencegah stunting, seperti gulai ikan sebarau.

Kata Kunci: DASHAT; Pertanian Keluarga; Stunting

INTRODUCTION

Stunting in children is a result of maternal malnutrition and inadequate feeding for babies and young children, which is correlated with impaired neurocognitive development as well as the risk of non-communicable diseases and reduced productivity in the future. Stunting cannot be treated so it requires preventive measures that need to be taken in various development sectors and requires interdisciplinary contributions (trans disciplinarily). (WHO, 2014).

The results of the 2021 Indonesian Nutritional Status Study (SSGI) show data on nutritional problems among children under five as follows: stunted 24.4%; wasted 7.1%; and underweight 17.0%. Jambi Province has a prevalence of stunted toddlers of 22.4% (an increase compared to 2019 of 21.0%). Kerinci Regency has the highest prevalence of toddler stunting in the Province. Jambi after Kab. Muaro Jambi, namely 26.7% (Indonesian Ministry of Health, 2021).

The risk factors for stunting are closely related to fulfilling optimal nutrition during

pregnancy, breastfeeding and children up to two years of age (First 1000 Days of Life). (Perdana & Ekasari, 2021). The problem of stunting can be prevented by giving exclusive breast milk until the child is six months old and continuing with giving MP-ASI (complementary breast milk food) until the child is two years old. Of course, fulfilling optimal nutrition until the child is two years old requires good nutritional intake for the mother starting from pregnancy and breastfeeding, as well as good nutritional intake for the child when receiving MP-ASI. Fulfillment of nutrition comes from adequate availability and access to food in the community. One of the nutrients that plays an important role in preventing and overcoming stunting is protein, whether it comes from animal protein foods or vegetable protein foods. Protein has benefits for children's growth (Perdana & M. Ridwan, 2023; WHO, 2014).

It is hoped that family farming will be able to make people independent in terms of food availability and access so that it can accelerate the reduction of stunting. (Novianti, 2020) stated that mothers can meet children's nutritional needs by providing independent food needs by planting vegetables in the home garden, providing protein needs such as catfish which can be raised in buckets and other creative efforts. There is also a need to modify social assistance to focus on the needs of babies and toddlers. Several other research results regarding the potential of family farming as a solution to overcoming stunting have produced the following data: the benefits of family farming as a source of food diversity in overcoming stunting (Saroinsong FB, 2021); Family food production can reduce the prevalence of stunting and complement vitamin A supplementation in rural children (Bassegy C et al, 2020); and households that have their own farm have a lower risk of child stunting and food insecurity (Moucheraud, 2019).

In this community service activity, DASHAT assistance was provided based on Family Farming in Jujun Village, Kerinci, targeting the First 1000 Days of Life group, namely pregnant women, breastfeeding mothers and children under five. The aim of this community service activity is to explore problems and solutions in preventing and

overcoming stunting; increasing understanding of TP-PKK cadres in implementing DASHAT; and demonstrating the processing of local food menus to prevent stunting.

IMPLEMENTATION METHOD

The target partners for this community service activity are the general public who are not economically productive, namely families with pregnant mothers, breastfeeding mothers and toddlers in Jujun Village. This activity includes: (1) Assistance to villages in FGD (Focus Group Discussion) efforts to integrate DASHAT (Healthy Kitchens to Overcome Stunting) and family farming as a solution to overcome stunting; (2) Education on the implementation of DASHAT comes from family farming for TP-PKK cadres; and (3) Demonstration of local food menu processing to prevent stunting.

Partner participation includes: (1) Providing secondary data; (2) Coordination of activity targets; and (3) Facilitation of places to carry out activities and sustainability of community service programs.

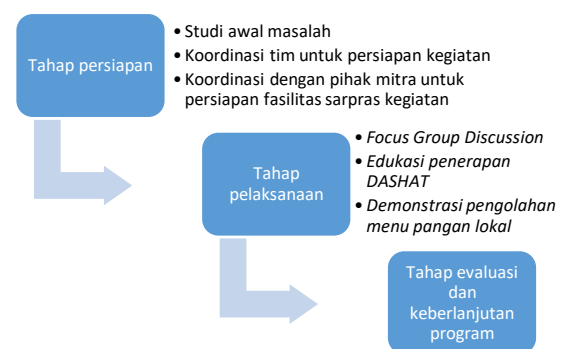


Figure 1 Flow of Community Service Activities

RESULTS AND DISCUSSION

In this community service activity, DASHAT assistance was provided based on Family Farming in Jujun Village, Kerinci, targeting the First 1000 Days of Life group, namely pregnant women, breastfeeding mothers and children under five. Jujun village was chosen as the location for community service because it is one of the Integrated Laboratory Villages (DLT) of Jambi University.

FGD (Focus group discussion)

Implementation of community service activities begins with activities of FGD (Focus Group Discussion) as an effort to explore the problem of stunting, its risk factors and produce a solution for integrating DASHAT with family farming as a solution to overcome stunting. This activity attended by the village head, health center nutrition staff, PKK cadres, and posyandu cadres and health centers. From the results of the coordination and FGD, information was obtained that:

1. Village officials and the community do not yet have optimal information regarding stunting, its causes, impacts and solutions to handling it.
2. Jujun Village has advantages in the agricultural sector, especially tubers, vegetables and fruit.
3. Family farming can be a solution to prevent stunting in prospective brides, pregnant women, breastfeeding mothers and toddlers.
4. There is a need for innovation in animal protein food processing, especially for toddlers so that protein intake can increase.

Several research results show that the problem of stunting is related to low coverage of early initiation of breastfeeding (IMD), low coverage of exclusive breastfeeding for babies aged 0-6 months, lack of variety of MP-ASI for toddlers, and low coverage of breastfeeding for at least two years of the child's age.(Nadiyah, Briawan, & Martianto, 2014). One of the nutrients that plays an important role in preventing and overcoming stunting is protein, whether it comes from animal protein foods or vegetable protein foods. Protein has benefits for children's growth. The results of research related to vegetable protein food consumption report that the factors that influence the level of plant-based food consumption consist of income, number of family members and the habit of eating plant-based foods.(Gustiyana, Suandi, & Sativa, 2018).

Figure 2 Coordination and FGD with the Jujun Village Head and his apparatus



Figure 3 Coordination and FGD with Mobile Lake Community Health Center

Education on the implementation of DASHAT (Healthy Kitchen to Overcome Stunting) comes from family farming

Education on the implementation of DASHAT (Healthy Kitchens to Overcome Stunting) was carried out targeting TP-PKK cadres, posyandu cadres, pregnant women and mothers with toddlers. The educational material provided includes balanced nutrition material for families and DASHAT. TP-PKK cadres are an effective target in balanced nutrition education for families, especially the 1000 HPK group because they play an important role in empowerment in the community(Perdana, Asparian, & Nurdini, 2021).



Figure 4 Education on the Implementation of DASHAT



Figure 5 Target Pre-test and Post-test Results

The educational activities that have been carried out are able to increase the understanding of TP-PKK cadres in implementing DASHAT (increasing test scores by 6.7 points). The average pre-test score was 69.4, while the post-test average was 76.1. The educational material provided also includes fulfilling balanced nutrition for groups of pregnant women, toddlers and breastfeeding mothers. Similar educational activities have also been carried out to support successful breastfeeding during the first 1000 days of life. The results of previously carried out community service activities were also able to increase the knowledge of AIMI members (Association of Indonesian Breastfeeding Mothers) regarding balanced nutrition for breastfeeding mothers. (Perdana, La Ode Reskiaddin, & Vinna Rahayu Ningsih, 2023).

Demonstration of local food menu processing

Demonstration activities for processing local food menus to handle stunting were carried out targeting PKK cadres, posyandu cadres, pregnant women and mothers with toddlers. The menu prepared comes from a type of animal protein food, namely sebarau fish, which is a type of fish typical of Lake Kerinci. Local food menus can be used for MP-ASI for toddlers (Asparian, Perdana, & Nurdini, 2020). There is a need to increase protein food consumption through variations in processing and presentation that are attractive to toddlers (Perdana, Aprianoza, & Sari, 2023).



Figure 6 Demonstration of Local Food Menu Processing

CONCLUSION

DASHAT assistance activities based on Family Farming in Jujun Village, Kerinci which were carried out included: (1) Village assistance in FGD efforts to integrate DASHAT and family farming as a solution to overcome stunting; (2) Education on the application of DASHAT comes from family farming; and (3) Demonstration of local food menu processing to prevent stunting. This activity was able to increase the understanding of TP-PKK cadres in implementing DASHAT (increased test score by 6.7 points) and demonstrated the processing of local food menus to prevent stunting, such as sebarau fish curry.

SUGGESTION

Integration of the implementation of DASHAT and family farming needs to be carried out as an effort to deal with stunting in the community by utilizing local food. The Village Government is expected to be able to create program sustainability through integrating DASHAT and family farming into village activity programs, as well as involving farmer and livestock groups in the village.

THANK-YOU NOTE

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