

## Education on the Importance of the First 1000 Days of Life in an Effort to Improve the Nutritional Status of Children in the Working Area of Kartini Public Health Center, Pematang Siantar City

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### ABSTRACT

Activity devotion to public Which held form education the importance of the First 1000 Days of Life in improving health status and child nutrition in the Work Area Kartini Health Center, Pematang Siantar City. Partners in this activity is the Kartini Community Health Center with the target being pregnant women and mothers toddlers who come to Posyandu in the Work Area of the Kartini Health Center in City Siantar District. Election location activity is Because Public health center Kartini is Wrong One Public health center Which there is in center city Siantar District. Problems nutrition And health especially on toddler can prevented through activity education Which given through activity Integrated Healthcare Center. Solution Which done in activity devotion to public formgive education 1000 Day First Life to parent toddler specifically moms Which come visit to Integrated Healthcare Center. Objective activity dedication is to increase the knowledge of parents of toddlers about 1000 First Day of Life and changes in good nutritional behavior so that it can improve the health and nutritional status of children. The benefit of this activity is that Parents especially pregnant women and toddler mothers know the importance of 1000 Day First Life For prevent happening problem nutrition on toddler And increase health status And nutrition child. The expected output of community service activities is in the form of published articles in journal devotion And *leaflet* .

**Keywords:** Education 1000 HPK, Mother Status Health, Status Nutrition, Posyandu.

Received: 10.10.2022	Revised: 27.10.2022	Accepted: 16.11.2022	Available online: 30.12.2022
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### Suggested citations:

Yunardi. (2022). Education on the Importance of the First 1000 Days of Life in an Effort to Improve the Nutritional Status of Children in the Working Area of Kartini Public Health Center, Pematang Siantar City. *International Journal of Community Service*, Vol 1 No. 1 2022, 78-86. DOI: 10.55299/ijcs.v1i2.307

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## INTRODUCTION

### Analysis Situation

Problem health related status nutrition on child Still become problems in the world, especially in developing countries. Indonesia is one of the developing countries that has a problem of nutritional status is quite high. Efforts to improve nutritional status must be started as early as possible, precisely started from period life fetus. In Indonesia effort This called with Movement 1000 Day First Life abbreviated with 1000 HPK. (Ministry Health RI, 2018)

Period 1000 HPK is period early life moment Still is at in utero for the first 2 years of life. This early period of life called Also with Period Gold. 1000 HPK very important Because very very rapidly affect the condition of growth and development of children, so that will impact on period which will come. (Sudargo, 2018)

Focus handling nutrition on 1000 HPK This is For prevent Malnutrition is a major health problem in toddlers Because can hinder process growth And development as well as contribute to child morbidity and mortality. Generally lacking nutrition on child shared become *stunting* (tall body not enough according to age), *wasting* (underweight for height), and malnutrition (weight less for age). These nutritional problems will occur if the substance nutrition No fulfilled on period 1000 HPK. (Black & et al, 2013)

*Stunting* is a chronic nutritional problem due to insufficient intake nutrition in the period of 1000 HPK resulting in growth disturbances in children. A child considered *stunting* if tall body child more low orshort (dwarf) for his age. This state of *stunting* is indicated by mark *z-scores* tall body according to age (index TB/U) < -2 SD based on WHO standards. (Azrimaidaliza, Nursal, Rahmy, & Asri, 2019; Lamid, 2018; WHO,2010)

*Wasting* is problem nutrition Which characteristic I caused bylack intake nutrition in time Which No long. *Wasting* can bother immunity body so that cause enhancement severity, duration, And susceptibility to infectious diseases. In addition, *wasting* at 1000 HPK can be cause the disturbance development cognitive And ability Study, decrease mass body No fatty, stature mature Which short, impaired glucose metabolism, and low productivity. *wasting* state showed with mark *z-scores* heavy body according to tall body (index BB/TB) < -2 SD based on WHO standards. (Azrimaidaliza, et al., 2019; Dewey, 2013; Lamid, 2018; pem, 2015; WHO, 2010)

Malnutrition is a condition where children under five experience malnutrition deficiency or poor nutrition. Malnutrition is a nutritional disorder that can have consequences fatal for the health of infants. If this situation is not resolved it will cause bad impact on toddlers. Malnutrition will have an impact on barriers for child growth. A child is called malnourished if the *z-score* heavy body weight for age (BB/U) between -3 SD to -2 SD and malnutrition BB/U  $\leq$  3SD.(Black & et al, 2013; Wahyudi, Sriyono, & Indarwati, 2015)

Results of Basic Health Research (RISKESDAS) of the Republic of Indonesia in 2018shows the percentage of *stunting events* is 30.8%, the percentage of events *wasting*

by 10.2% and the incidence of malnutrition was 17.7%. RI Health, 2018) In Sumatra Province West in 2018 prevalence toddler *stunting* ie 9.58%, toddler *wasting* 2.87% And nutrition bad 3.51%. (Ministry of Health RI, 2019) In Pematang Siantar City, the coverage of under-fives bad (BB/U) in 2019 namely 2,980 cases (6.7%), this result has increased from year 2018 (1.04%). Scope toddler *stunting* (TB/U) as much 4,266 case (9.6%) the results of this screening also increased from 2018 (7.65%) and *wasting* (BB/TB) of 1,947 cases (4.4%) which is also a big increase from 2018 (0.55%). (Pematang Siantar City Health Office, 2019) Kartini Health Center is one of the one Public Health Center in Pematang Siantar City with *stunting*, *wasting* and nutrition rates bad is high enough. There were 5.2% cases of *stunting*, 3.3% *wasting* and nutrition bad by 6.5%. (Pematang Siantar City Health Office, 2017, 2019; Health Office Province Sumatra West, 2017)

The direct factors that affect nutritional status are infectious diseases and lack of intake Which absorbed by body when still in content until after born. Whereas factor other Which characteristic No direct is lack of access to service health, lack of access water clean And sanitation. (A. Azrimaidaliza, Nurmy, & Edison, 2012; Rahmayana, Ibrahim, & Damayanti, 2014) Therefore it is necessary to make efforts to improve nutritional status by improving diet, parenting and sanitation. (Azrimaidaliza, beautiful, Handesti, & Lisnayent, 2017)

Status nutrition on 1000 HPK will influence quality health, intellectual development, and productivity of toddlers in the future. Mother and baby need nutrition Enough and quality for ensure nutritional status and health status (motor, social, and cognitive abilities), learning ability And productivity toddler. Results study Humaira (2016) show results that there is a significant relationship between nutritional status and development psychomotor toddler in region Work Public health center Kartini. (Humaira, Journalist, & Edison, 2016; USAID, 2014)

Various activities education nutrition already held in a number of region Work Public health center in City Siantar District, However limited activity incidental Not yet done in a manner routine with cooperate with Public health center in framework help power health or power deep nutrition prevent And overcome problem nutrition. Furthermore, activity devotion This No only in a manner directly to the work area of the Health Center but in the future it can be implemented in person continuously using social media. Therefore activity is needed services that are carried out routinely through the cooperation of educational institutions health And institution health Which Wrong only one aim For increase mother's knowledge about 1000 HPK, fulfillment of mother's nutritional needsand toddlers, and balanced nutrition as well as changes in good nutritional behavior. Besides That education to cadre Also must done so that cadre can give education in a manner sustainable to para Mother Which have toddler.

Based on matter the so done activity devotion to community with the topic “ **Education on the importance of the First 1000 Days of Life in increase status health And nutrition child in Region Work Public health center Kartini City Siantar District** “. Description science and technology Which given to public form delivery information about 1000 HPK, fulfillment need nutrition Mother And toddler, And nutrition balanced in Subdistrict Kartini City Siantar District.

### Problems Partners

Public Health Center Kartini is a health center located in the City Center of Pematang Siantar. Where from facet access near with facility health. From data Service Information for the City of Pematang Siantar in 2019 obtained information that there was a trend an increase in the number of events related to nutritional status ( *stunting*, *wasting* and malnutrition) from year 2018. Condition pandemic COVID-19 participate contribute to possibility enhancement problem nutrition And effort in overcome problem nutrition the.

Based on matter the so done activity devotion to public by topic "Education is important 1000 First day Life in improving the health and nutritional status of children in the Work Area of the Health Center Kartini City Siantar District".

This community service activity aims to improve mother's knowledge in an effort to improve the health and nutritional status of children so that Mothers can provide good and proper care for the growth process and child development. In addition, this activity provides education to cadresso that later the cadres can continue the activities of providing education to the cadres Mother in prevention problem health And nutrition in toddlers.

### Objective Activity

Activity devotion to public This aim For add knowledge of parents, especially pregnant women and mothers of toddlers regarding 1000 HPK and increase health status And nutrition child.

### Benefit Activity

The benefits of this activity are for parents, especially pregnant women and mothers of toddlers know the importance of the First 1000 Days of Life to prevent their occurrence problem nutrition on toddler and increase status health and nutrition child.

### Solution Problem

According to data from the Pematang Siantar City Health Office in 2017, the Kartini Health Center is one of Public health center in Siantar City by percentage incident *stunting* , *wasting* And nutrition bad Enough tall. Recorded as big 5.2% case *stunting* , *wasting* 3.3% and nutrition bad as big 6.5%. (Service City Health Siantar District, 2017, 2019; Service Sumatra Province Health West, 2017) Solution problems offered in an effort to improve health status and nutrition in toddlers, then the provision of information or nutrition education will be carried out to parents, especially mothers who have toddlers through Posyandu activities about 1000HPK, fulfillment need nutrition Mother And toddler, And nutrition balanced.

Activity education about 1000 HPK in increase status health And nutrition child held in a manner direct, Then next through the *WhatsApp group* so that the intensity of communication is better between educators and activity goals. The promotional media used in this activity are: *leaflet* Which title "1000 Day First Life".

Information contained in *leaflets* distributed to cadres and respondent is as following:

1. Definition 1000 HPK

2. Shortage impact nutrition period 1000 HPK
3. Need nutrition Mother during pregnancy
4. recommendation mass nutrition 1000 HPK
5. Period during 1000 HPK
6. nutrition balanced
7. Serving one meal nutritious balanced

The result of the expected solution in this activity is its implementation educational activities regarding 1000 HPK in improving health status and nutrition child Which be delivered through media promotion *leaflet* . Then knowledge target activity expected can increase attitude positive And awareness Mother in apply information Which obtained in life daily.

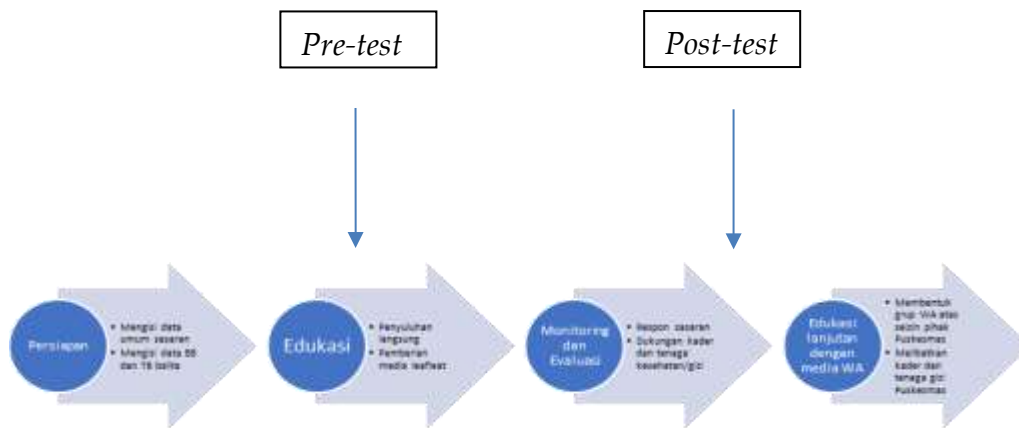
### METHOD

Activity devotion held through counseling direct in Integrated Healthcare Center with implementing health protocols during activity, covers use face mask, guard distance And guard cleanliness hand. Media *Leaflets* are used and it is planned that this activity will be forwarded through the media social *WhatsApp* . Activity done with stages as following;

1. Activity *pre-test* , done exam For know description knowledge and attitudes of mothers who have children under five about 1000 HPK. Activity This done with request Mother For fill in questionnaire Which load 10 question related material Which will be delivered.
2. Data collection on the nutritional status of toddlers which is known from the results of the measurements carried out by health workers. In addition, data collection numbers contact Mother from toddler Which later will useful in activity education advanced use social media.
3. Delivery material about 1000 HPK in increase status health and nutrition of children carried out by the Head of Service as educators are assisted with health promotion tools in the form of the *leaflet* load information thanks material Which given. After material conveyed by the educator, then the respondent was given the opportunity For ask about material Which has be delivered (ask answer).
4. *Post-test* activities , tested how much increased knowledge and attitude respondent to material Which has be delivered.
5. Monitoring and evaluation activities are carried out after the promotional activities nutrition implemented. This activity aims to find out the changes behavior Mother in parenting to toddler through questionnaire. This activity was carried out by the cadres of each sub-district in the region health center work Kartini City Siantar District.
6. Educational activities continued through *WhatsApp* (WA) media . Activity it started with forming a special WA group for mothers who is at in region Work Public health center Kartini And in formation group
7. WA with permission from the Public Health Center. Then in educational activities through social media it is planned to involve cadres and nutrition workers from

Kartini Health Center.

Stages activity devotion to public as following:



**Picture 3.1**  
**Stages Activity devotion to Public**

## RESULTS AND DISCUSSION

Community service activities that will be carried out are: one of the service activities in the Faculty of Health institutions Efarina University Society (FKM) . Service activities to public routine done staff teacher every the year with lift topic in accordance with field science each lecturer And problem Which currently faced public. Activity This involve FKM Unefa students , especially students from the Nutrition Study Program so not only provide benefits main for society an effort to Overcoming health problems is also one of the learning media for students in enhancing experience in communicating with public.

The community service activities that will be carried out are lifting topic about "Education importance 1000 Day First Life in improve the health and nutritional status of children in the Work Area of the Kartini Health Center City Siantar District" .

The result of the expected solution in this activity is its implementation educational activities regarding 1000 HPK in improving health status and nutrition child Which be delivered through media promotion *leaflet* . Then knowledge target activity expected can increase attitude positive And awareness Mother in apply information Which obtained in life daily.

Based on activity devotion to public This expected can reach target achievements external as following;

**Table 1. Plan Achievement Targets External**

No.	Type external	Indicator Achievements
1.	Dedication <i>leaflet</i> to Public	There is a dedication <i>leaflet</i> to public
2.	Poster devotion to Public	There is a dedication poster to society
3.	Article devotion to Public	There is article devotion to public And accepted For published in Journal <u>Scientific with ISSN</u>

**Timetable Activity**

Timetable activity devotion to public as following;

**Table 2. Timetable Activity Devotion To Public**

Activity	Year 2021							
	4	5	6	7	8	9	10	11
a Preparation:								
1. Making proposal program devotion to public								
2. Preparation resource materials devotion to public								
3. Preparation location devotion to Public								
b Implementation								
1. <i>Pre-test</i>								
2. Activity promotion nutrition/demo								
3. <i>Post-test</i>								
4. Monev								
c. Preparation report activity, poster, writing article For journal								

**Cost Activity**

A summary of the budget for community service activities includes component honorarium, purchase material finished use, journey And rent equipment machine. Cost Which filed in devotional activities This as big Rp. 7.500.000,-. Summary budget costs as following :

**Table 3. Format Summary Budget Cost Program Community Service Which Filed**

No.	Component	Cost Which Proposed (Rp)
1.	Honorarium	2.250.000,-
2.	Purchase material finished use	1.750.000,-
3.	Journey	1.750.000,-
4.	Rent equipment/machinery	1.750.000,-
<b>Amount</b>		<b>7.500.000,-</b>

## CONCLUSION

Solution Which done in activity devotion to public formgive education 1000 Day First Life to parent toddler specifically moms Which come visit to Integrated Healthcare Center. Objective activity dedication is to increase the knowledge of parents of toddlers about 1000 First Day of Life and changes in good nutritional behavior so that it can improve the health and nutritional status of children. The benefit of this activity is that Parents especially pregnant women and toddler mothers know the importance of 1000 Day First Life For prevent happening problem nutrition on toddler And increase health status And nutrition child. The expected output of community service activities is in the form of published articles in journal devotion And *leaflet* .

## Thank-you note

Thank you to all the teams who have worked together so that this article can be completed.

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