

EDUCATION ON THE CONTENTS OF MY PLATE TO MOTHERS IN AN EFFORT TO PREVENT STUNTING AT POSYANDU MELATI 7 KEL. BANDAR SELAMAT

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Disubmit: 02 Juni 2024

Diterima: 23 November 2024

Diterbitkan: 01 Desember 2024

Doi: <https://doi.org/10.33024/mahesa.v4i12.15471>

ABSTRACT

One of them is the problem of malnutrition, if food consumption is not fulfilled then the risk of nutritional problems arises, one of which decreases. Mother's nutritional knowledge influences diet and the quality of food provided. The higher the knowledge of nutrition, the more it affects the attitude and behavior of food consumption. One of the efforts to achieve a balanced diet is to use the "Fill My Plate" portion of food. The purpose of this training is to increase knowledge about the concept of my plate and stunt. The operating method applied is counseling with the lecture method with the help of brochures / posters containing explanations of the contents of the plate and the concept of squatting. The results of this training are visible on the before and after tests. The mother's knowledge of the contents of the dishes and the lethargy of small children increases. In conclusion, mothers who have young children understand the importance of providing nutrition to young children to prevent their growth in the first place.

Keywords: Education, Fill My Plate, Stunting, Toddler

INTRODUCTION

Stunting is a chronic malnutrition problem, which is caused by long-term malnutrition and causes growth disorders in children, namely the child's height is smaller or shorter than the age standard (short stature). Stunting is the most common nutritional problem in Indonesia, both experienced by boys and girls. The prevalence of stunting in Indonesia is still high at 24.4% in 2021, exceeding the tolerance limit of the World Health Organization (WHO) of 20%. Stunting is not only a health problem, but also hinders children's cognitive and motor development and affects their productivity and

quality of life in the future .(Asfina et al., n.d.2020)

Ministry of Health on January 25, 2023 The findings of the Indonesian Nutritional Status Survey (SSGI) showing that stunting in Indonesia decreased from 24.4% in 2021 to 21.6% in the same year, were revealed in the BKKBN National Seminar. In 2024, stunting in Indonesia is expected to decrease by population, the National Family Planning (BKKBN) states that the current stunting degree is 20.9% or around 540 thousand children who experience stunted conditions. This makes North Sumatra the 17th province with the highest number of

stunting children in Indonesia. The record places North Sumatra Province as the 17th province with the highest number of stunting children and is a serious problem. The government has made efforts to prevent stunting, one of which is the introduction of the concept of "Fill My Plate" in order to achieve balanced nutrition. (Oktianti & Erika, n.d.2023)

Problems absorbing nutrients consumed during pregnancy and childhood can lead to stunting. Due to low maternal knowledge about health and nutrition before pregnancy and postpartum, limited health services such as prenatal check-ups, postpartum check-ups and low availability of nutritious food, poor access to sanitation and clean water also contributed to the slowdown. Asfina et al., n.d.2020)

Isi Piringku is an educational campaign that discusses the importance of a balanced diet as needed, supported by good habits, exercise, a clean and healthy lifestyle and regular monitoring of children's growth and development. At each meal, half the plate is filled with vegetables and fruits, while the other half is filled with basic side dishes. The Isi Piringku program is an implementation of balanced diet recommendations supported by the Ministry of Health of the Republic of Indonesia. (Heryani et al., n.d.2023)

One of the keys to stunting prevention is to ensure a balanced diet for pregnant women and children. "Fill My Plate" training is an important solution to improve the knowledge and correct nutrition practices of mothers. What's on my plate is a balanced diet guide that describes the ideal proportions of different food groups in one plate. This guide will help moms. Atasasih, 2022)

- a. Choose nutritious and diverse types of food

- b. Set food portions according to needs

- c. Cooking food in a healthy way

Usually, "Fill my plate" describes the proportion of food consumed per plate consisting of 50 percent fruits and vegetables and the remaining 50 percent carbohydrates and protein. "Fill my plate" also emphasizes limiting daily intake of sugar, salt, and fat. "4 healthy 5 perfect" guidelines in the development of new nutritional science; Become a balanced diet guide consisting of 10 messages about maintaining nutrition. So by applying the Fill My Plate feature, you can prevent it from sagging in the first place. (Ministry of Health, 2023).

In Medan sub-district, Bandar Selamat sub-district, Medan City, North Sumatra, based on initial observations, there were 30 toddlers who were screened for stunting. So this is known from the toddler's weight measured at the time of the posyandu. This condition encourages cadres to carry out posyandu activities so that the community is aware of the implementation of this activity to reduce stunting rates by educating the contents of my plate to mothers who have a major influence in stunting prevention efforts by increasing knowledge and practices of balanced nutrition, in this way of education can help improve children's nutritional status and realize a healthy and quality generation. So the media carried out in this study during the implementation of posyandu is poster media where posters are distributed to mothers and pasted on the wall.

Educating the general public, especially pregnant women, and emphasizing the importance of nutrition and a healthy diet in preventing stunting. This study provides examples of healthy food

menus and recipes that are easy and inexpensive to use at home. By providing information about the contents of the plate, I hope that pregnant women and their frames understand the importance of adequate and balanced nutrition to support optimal child growth and development. (Darni et al., 2023)

LITERATURE REVIEW

Stunting is a nutritional problem that occurs due to chronic malnutrition, which results in growth disorders in children, such as shorter height than the standard age. In Indonesia, the prevalence of stunting is still relatively high, although there has been a decline in recent years. According to data from the Indonesian Nutrition Status Survey (SSGI) in 2023, the prevalence of stunting has decreased to 21.6%, but this figure is still higher than the threshold recommended by the World Health Organization (WHO) of 20%. Stunting conditions not only affect children's physical health, but also have an impact on their cognitive, motor, and productivity development in the future. Therefore, stunting prevention efforts are very important, and one way that can be done is to provide education about balanced nutrition to mothers who have children under five (Asfina et al., 2020).

The main cause of stunting is inadequate nutritional intake during the first 1000 days of life, which covers gestation up to two years of age. Other factors that contribute to stunting include low maternal knowledge about nutrition, limited access to health services, and lack of availability of nutritious food. According to WHO (2018), efforts to prevent stunting can be carried out by ensuring adequate nutrition for pregnant women and children, as

well as educating them about the importance of a healthy and balanced diet. Programs such as "Isi Piringku" introduced by the Ministry of Health of the Republic of Indonesia are one example of efforts that can help people understand the concept of balanced nutrition, which consists of various food groups in the right proportions (Heryani et al., n.d.).

The "Fill My Plate" program teaches people to fill half of the plate with vegetables and fruits, while the other half is filled with carbohydrates and protein. This aims to ensure balanced nutritional consumption and prevent malnutrition that has the potential to cause stunting. Through this program, mothers are expected to better understand the importance of meeting the nutritional needs of their children by providing food rich in micro and macro nutrients. According to research conducted by Oktianti & Erika (2023), education about the concept of "Fill My Plate" is proven to increase mothers' knowledge about balanced nutrition and help them make better decisions regarding feeding their children.

Mothers' knowledge of nutrition greatly influences their behavior in providing food to children. Mothers who have good nutritional knowledge tend to pay more attention to the quality of the food given to their children, including ensuring that the food contains various kinds of nutrients needed by the body (Siahaya et al., 2021). Therefore, education about nutrition and stunting is very important to be carried out continuously, especially in groups of mothers with children under five. Research by Astuti et al. (2020) shows that increasing mothers' knowledge about the importance of balanced nutrition contributes greatly to improving the nutritional

status of their children, as well as potentially reducing the incidence of stunting.

One method that can be used to increase mothers' knowledge about balanced nutrition is to use visual educational media, such as posters or leaflets. According to research conducted by Darni et al. (2023), visual media such as posters can be an effective tool to convey nutritional information to the public, especially at the community level. Posters explaining the contents of balanced dishes and the importance of nutrition in preventing stunting can be displayed in easily accessible places, such as posyandu, so that this information can be easily received by mothers who come. Thus, education about nutrition can be carried out more widely and equitably.

Several studies have shown that educational interventions about nutrition that are carried out directly can improve children's diet and nutritional status. Bhutta et al. (2013) stated that appropriate nutrition interventions can improve the nutritional status of mothers and children, as well as contribute to reducing stunting rates. In addition, programs involving health cadres or posyandu officers can also increase the effectiveness of nutrition education, because they can provide more detailed and in-depth information to the mothers who attend. The education carried out at the posyandu can cover various topics, such as signs of stunting, how to overcome nutritional problems, and the importance of monitoring children's growth and development through anthropometric examinations.

The importance of stunting prevention efforts during the first 1000 days of life involves not only education about good feeding, but also includes an understanding of

sanitation, access to clean water, and adequate health care. Iannotti & Cunningham (2018) in their research showed that good maternal behavior in maintaining hygiene and managing food intake plays a very important role in preventing stunting. Therefore, comprehensive education about health and nutrition is needed to create a healthy and stunting-free generation.

Overall, education about balanced nutrition through programs such as "Isi Piringku" is one of the effective strategies in preventing stunting. This program can provide mothers with a better understanding of the importance of a healthy diet, as well as help them in providing adequate nutrition for their children. Through increasing maternal knowledge, it is hoped that the nutritional status of children can increase, so that it can prevent stunting and support optimal growth and development for future generations.

METHOD

This activity will be held on February 5, 2024 at Posyandu Melati 7 Bandar Selamat Village. The main target of this education is mothers who have 30 toddlers. This activity involves local health workers involved in building infrastructure, communicating with mothers and communities, and coordinating counseling. The stages in the implementation of this counseling consist of the stages of preparation, implementation and evaluation.

a. Preparatory Stage

Community service will be held on February 5, 2024 at Posyandu Melati 7 Bandar Selamat Village. This training is aimed at mothers who have small children. This activity stage prepares materials,

posters, the contents of my plate.

b. Implementation Phase

This implementation stage begins with an opening and introduction that describes the aims and objectives before delivering the material. Then a pre-test is carried out first by asking several questions / questions in the form of questionnaires to find out how much understanding the mother has on the topic discussed. Next, present the material using posters. After the presentation of the material, opened a question and answer session and discussion with the participants. The information or material presented is related to food composition based on dosage, understanding stunting, signs and symptoms, direct and indirect factors causing stunting, the impact of stunting, stunting prevention efforts. Then a study of child growth and development (anthropometry) was conducted.

c. Evaluation Phase

The evaluation of this activity is carried out post test by asking mothers who participate in advisory activities / questions in the form of questionnaires which aim to find out the extent of mothers' awareness of maternal problems and the development of the number of topics to be discussed with increased insight in participating in this education.

RESULT

This educational activity began with the introduction of the extension team to the target, namely mothers who have toddlers. After the introduction, it was continued with the provision of a pre-test using a questionnaire containing 17 questions. The purpose of this pretest is to measure mothers' knowledge about stunting prevention and balanced nutrition through the implementation of the contents of my plate. Then, education was carried out by providing explanations about stunting prevention and balanced nutrition through the contents of my plate to the target by distributing posters / leaflets. This poster / leaflet can be used as an educational medium in making it easier for mothers to understand the material to be delivered.

In this educational activity the contents of my plate, a post test was carried out to determine the increase in mother's knowledge about stunting prevention through the contents of my plate. This post test was done to find out if there was an increase in my mother's knowledge before being educated about the contents of my plate.

Based on the results of the pretest and post test, the knowledge of mothers increased after being given education, this shows that it means that mothers have understood and understood the information provided. The increase can be seen from the pretest and post test scores of each mother. Here is a comparison of pretest and post test values:

Table 1. Comparison of Mom's Knowledge of the Contents of My Plate

Mother's Knowledge	(%)	
	Pre Test	Post Test
Good	26,7 %	66,7 %
Bad	73,3 %	33,3 %

Based on Table 1. Of the 30 people at the time of the pretest, the average knowledge is very lacking. So after receiving training, the average knowledge is achieved enough by 66.5%. With this significant increase in knowledge, it shows that the educational approach

DISCUSSION

Based on the results of education conducted targeting mothers who have toddlers, it was found that there was an increase in maternal knowledge about the contents of "my plate". as an effort to prevent stunting. So this shows that the provision of education is very influential on increasing knowledge. With the knowledge gained by the mother, it is hoped that it can be applied in providing nutritional intake for her child. Increased maternal nutrition awareness and decreased stunting rates. This is positive for mothers because the knowledge can be applied in everyday life (Astuti et al., 2020). Nutritional information is information related to food and nutrition. Several factors can influence the attitude and behavior of mothers in choosing food for early childhood, including the level of knowledge of one's nutrition, so that it can affect one's nutritional status. (Siahaya et al., 2021).

Efforts that can be used to prevent stunting are nutrition education which aims to build a sustainable degree of health and is set in the Sustainable Development Goals (SDGs) (WHO, 2018). It is also stunting can be effectively prevented during 1000 days of life, especially during pregnancy. Balanced feeding of babies during pregnancy greatly affects the growth and development of the baby. (Mistry et al., 2019). The teaching work that I do is one of the efforts

through posters / leaflets is very effective in increasing general knowledge, especially for mothers who have young children. This training can usually be given to the community to help the community prevent stunting early.

that has a positive impact in reducing stunting rates. Deformity is an indicator of growth disorders that lead to functional disorders, impaired cognitive and physical development, and metabolic disorders that can increase the risk of various diseases. (Nature et al., 2020).

Efforts in prevention provide education to pregnant women and cadres about the content of their food. Pregnant women can directly apply the contents of "my plate" in their daily food, so it is very effective in reducing stunting. The aim is to increase public knowledge about balanced nutrition diets. With 1/6 of the plate are fruits of various types and colors, 1/6 of the plate is protein supplements and animal and vegetable foods, 1/3 of the plate is staple. A meal consisting of complex carbohydrates and 1/3 of the plate is complex carbohydrates. in the form of various types of vegetables. In addition, the contents of the plate also require 8 glasses of water a day, exercise 30 minutes a day, and wash hands with soap before and after meals. (Ministry of Health, 2022).

CONCLUSION

The community, especially mothers who have small children, come to Posyandu Melat in 7 Kel. Bandar Selamat gets advice and explanations that are clear and easy to understand about the concept of plate contents or food composition

in terms of size and ingredients related to deformation. Growth and development examination (anthropometry) is also carried out on mothers who have small children. Health education activities aimed at mothers with small children, ranging from preventing toddlers from defecating to teaching the contents of the plate, went well, as seen from the response of participants who were very active and cooperative throughout the activity began. of such activities. Finally, this coaching aims to improve early childhood knowledge and behavior regarding the use of nutritional supplements to prevent stunting.

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