



EDUCATION AND COOKING DEMONSTRATION MP-ASI MENU AT BUKIT RAYA VILLAGE

Sekar Ayu Maulidia, Nancy Grace Christiana Nababan, Blego Sedionoto
Bachelor Degree in Public Health: Faculty of Public Health, Mulawarman University, Samarinda, East Borneo, Indonesia, 75123
sekaraymldia11@gmail.com, nancynababan15@gmail.com, blegosedionoto@fkm.unmul.co.id

INTRODUCTION

Based on the results of the Indonesian Nutritional Status Study (SSGI), it shows that in 2021 the prevalence of stunting in Indonesia will be 24.4%. The prevalence of stunting in North Penajam Paser currently reaches 27.67%, and it was found that 33 out of 120 respondents have stunted children. The aim for this program was to increase mothers' knowledge



PUMPING

(Panduan Makanan Pendamping)

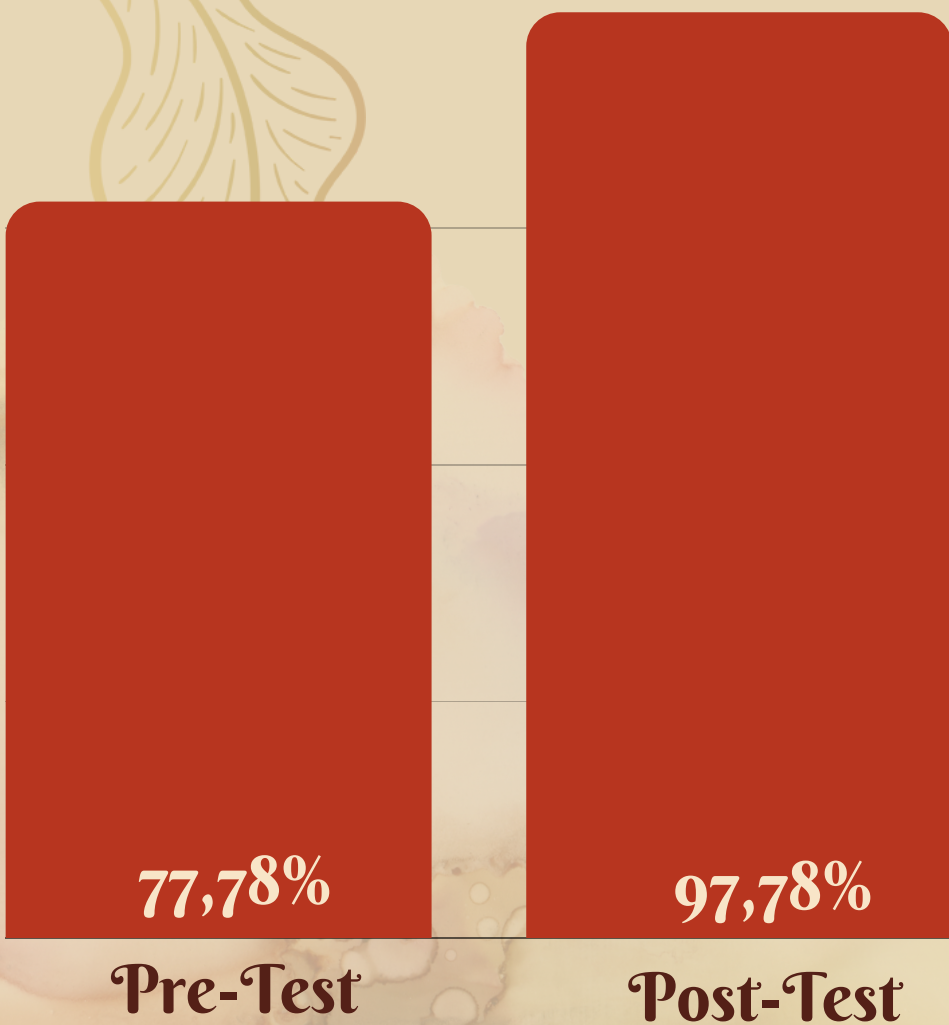
METHODS

The program methods was used by quantitative researched with researched designs, namely pre-test and post-test. Before carrying out the education, participants who attended completed a pre-test first, then carried out education, and finally completed a post-test to saw the extent of the increase in knowledge experienced by mothers who had stunted babies

DISCUSSION

From this program, it could be seen that participants did not know the menu and delivery times MP-ASI was appropriate for the baby's age and began to understand, that there was a cooking demonstration so that participants were expected to have been able to make it at home

RESULTS



CONCLUSION

The program that had been carried out was called PUMPING, which involves conducting education and continuing with cooking demonstrations to provided information about age-appropriate mp-asi and food menus that could be practiced at home

LITERATURE:

1. Sholikhah, D. M., & Rahma, A. (2022). Perbaikan Status Gizi Balita Melalui Pendampingan Gizi Secara Intensif di Desa Singosari, Kabupaten Gresik. *Amerta Nutrition*, 6.
2. Kementerian Kesehatan RI (2022)