SUPPLEMENTARY FEEDING (PMT) PROGRAM FOR TODDLERS FROM LOCAL FOOD AT PANUNGGGAN PUBLIC HEALTH CENTER, TANGERANG CITY, 2023

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ABSTRACT

Background: One of the strategies for dealing with nutritional problems in toddlers is the provision of supplementary feeding (PMT) made from local food which is available, easy, and affordable. Purpose: This study aims to describe the local food-based PMT program for undernourished toddlers with a BB/U index at the Panunggangan Public Health Center, Tangerang City in 2023. Method: this research is descriptive, the population is mothers who have under nutritional status with an underweight indicator for BB/U at the Panunggangan Public Health Center. The sample was determined based on the needs of 50 toddlers, using a purposive sampling technique, data was collected by anthropometric measurements of toddlers and interviews with mothers of toddlers, and the data was analyzed univariately. Results: During 14 days, local food-based PMT was given to 50 toddlers according to the criteria at the Panunggangan Health Center, Tangerang City. More than half of the respondents were male (52%), most of them were 23 months old (74%), there was an increase in body weight in 44 toddlers (88%), there was a change in the nutritional status of the weight/age indicator in 9 toddlers (18%), toddlers’ acceptance of PMT (likes 74%), however only 28% of mothers of toddlers make their snacks, the rest buy instant snacks because they don’t have varied cooking skills. Conclusion: There are many benefits to be gained from implementing the PMT program made from local food for toddlers which has a positive impact on health status, nutrition, and other factors. Suggestion: it is necessary to increase the skills of cadres and mothers of toddlers in processing PMT based on local food

Keywords: Supplementary Feeding, Toddlers, Local foodstuffs

ABSTRAK


Kata kunci: Pemberian makanan tambahan, Balita, Bahan pangan lokal
INTRODUCTION

The development of quality human resources is a top priority of national development. Good nutrition is one of the important factors in the success of human resource development. Toddlers are one of the malnutrition-prone groups whose growth and development are very rapid and require attention, especially if they experience nutritional disorders such as undernutrition, malnutrition, and stunting because the impact will occur in the future.

Based on the 2022 Indonesian Nutritional Status Survey (SSGI), the prevalence of underweight toddlers is 17.1%, wasting is 7.7%, and stunting toddlers is 21.6%. In Banten province, the prevalence of underweight toddlers is 17.2%, wasting is 7.9%, and stunting toddlers is 20%. For Tangerang City itself, the prevalence of underweight toddlers is 11.4%, wasting is 4.8%, and stunting toddlers is 11.8%, so the nutritional problems of toddlers are still quite high and need special attention. This nutritional problem is caused by various factors, including inadequate food intake or frequent exposure to infectious diseases is one of the direct causes of nutritional problems in toddlers. Improper family parenting, low knowledge, environmental health, difficult access to health services, and socioeconomic family conditions also indirectly affect the nutritional status of toddlers.

Local food-based supplementary feeding (PMT) is one of the strategies for handling nutritional problems in toddlers. This activity needs to be accompanied by the provision of nutrition and health education so that behavior change occurs such as breastfeeding support, infant and child feeding education and counseling (PMBA), cleanliness, and environmental sanitation for families. PMT activities made from local food are expected to encourage food independence and family nutrition sustainably. Indonesia is the third largest country in the world in biodiversity.3,4 This shows how great the potential for the use of local food to improve toddler nutrition. However, the availability of many diverse food ingredients has not been utilized optimally for raw materials for making Additional Food (MT). The Ministry of Health of the Republic of Indonesia has prepared Technical Guidelines for Supplementary Feeding (PMT) Made from Local Food for Toddlers whose financing for the implementation of activities can come from various sources such as Special Allocation Funds (DAK), BLUD, village funds, Corporate Social Responsibility (CSR), Posyandu and others.

Puskesmas Panunggangan, Tangerang City uses BLUD funds to create nutrition post activities for Supplementary Feeding (PMT) based on local food for malnourished toddlers lacking BB/U indicators in five villages of the puskesmas working area for 14 days.

METHOD

This study is descriptive, the population is mothers who have toddlers whose nutritional status lacks BB / U indicators at the Panunggangan Health Center. The sample was determined based on the needs of 50 toddlers using purposive sampling techniques because the sample was the target of PMT
provision made from local food with nutritional status lacking BB / U indicators in 5 villages of the Panunggangan Puskesmas target area whose funding was through BLUD, data was collected by anthropometric measurements of toddlers and interviews with mothers of toddlers, the data was analyzed univariately.

The data analyzed were toddler gender, toddler age, weight gain, changes in nutritional status, acceptability, and history of procurement of toddler supplementary food (buy or make your own).

RESULT AND DISCUSSION

Based on Table 1, for the sex distribution of male toddlers receiving PMT amounted to 26 people (52%), and women amounted to 24 people (48%), the average age distribution of toddlers receiving PMT was 37 people over 23 months old (74%) and 13 people under 23 months old (26%), the distribution of toddlers based on circumstances after receiving PMT who experienced weight gain amounted to 44 people (88%), and toddlers who did not have a change in weight amounted to 6 people (12%), for the distribution of toddlers receiving PMT who experienced changes in nutritional status of weight indicators according to age (BB / U) amounted to 9 people (18%), and toddlers who did not experience changes in nutritional status amounted to 41 people (82%), most toddlers namely 37 people liked local food-based PMT (74%) and toddlers who did not like as many as 13 people (26%), for the distribution of PMT procurement history for toddlers, most of them are by buying 36 people (72%), and those who make their own PMT at home are 14 people (28%).

Table 1. Distribution of Respondents Based on Toddler Characteristics and Research Variables (n = 50)

<table>
<thead>
<tr>
<th>No</th>
<th>Variable</th>
<th>Category</th>
<th>Total</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gender</td>
<td>Male</td>
<td>26</td>
<td>52%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Woman</td>
<td>24</td>
<td>48%</td>
</tr>
<tr>
<td>2</td>
<td>Age</td>
<td>≤ 23 months</td>
<td>13</td>
<td>26%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; 23 months</td>
<td>37</td>
<td>74%</td>
</tr>
<tr>
<td>3</td>
<td>Toddler's Condition after receiving PMT</td>
<td>There is weight gain</td>
<td>44</td>
<td>88%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No change</td>
<td>6</td>
<td>12%</td>
</tr>
<tr>
<td>4</td>
<td>Changes in nutritional status of BB/U indicators</td>
<td>Yes</td>
<td>9</td>
<td>18%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
<td>41</td>
<td>82%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Like</td>
<td>37</td>
<td>74%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dislike</td>
<td>13</td>
<td>26%</td>
</tr>
<tr>
<td>5</td>
<td>PMT acceptability</td>
<td>Buy</td>
<td>36</td>
<td>72%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Make your own at home</td>
<td>14</td>
<td>28%</td>
</tr>
</tbody>
</table>

The results showed that 44 toddlers receiving PMT in the Panunggangan City Tangerang Health Center Working Area after being given the intervention experienced weight gain (88%) and 9 toddlers experienced improvements in nutritional status of BB/U indicators (18%) within 14 days. From these results, researchers argue, that the occurrence of malnutrition in children under five in the
Panunggangan Health Center work area is caused by a lack of nutritious food intake that is sufficient for the growth and development of toddlers. This research is in line with the results of research found that there is an influence on the provision of Local Wisdom-Based Modif PMT, there is an increase in body weight in malnourished toddlers in the work area of the Boalemo Gorontalo Regency Health Center.

Interviews conducted by researchers with mothers of malnourished toddlers obtained information that they did not know about food ingredients that contain high nutrition and how to process them so that they are liked by toddlers. Up to 36% of mothers buy instant food supplements for their children (72%) regardless of the type and composition. Based on the results of research for 14 days at the nutrition post, the acceptability of 37 toddlers liked the type of PMT given every day (72%). The selection of food ingredients and varied menus so that children do not feel bored so that, affecting toddler consumption, the level of food consumption will be

Impact on the nutritional status of children. Supplementary Feeding (PMT) given to malnourished toddlers aims to provide high, high protein, and sufficient intake of vitamins and minerals gradually, to achieve optimal nutritional status with adequate nutritional composition, therefore knowledge and skills are needed by mothers and posyandu assistance cadres in making additional food for toddlers. This is in line with Sari's research (2018) which states that there is a relationship between knowledge of feeding patterns and the nutritional status of toddlers.

CONCLUSION AND SUGGESTIONS

Many benefits are obtained from the implementation of the PMT program made from local food for toddlers which positively has an impact on increasing body weight and there is an improvement in the nutritional status of BB / U indicators.

1. For health workers, it can provide counseling, education, and increased insight to mothers of toddlers and posyandu cadres on how to process additional foods based on local foods that are easily available into nutritious and varied foods, so that toddlers get adequate nutritional intake to improve nutritional status.

2. For the community, pay more attention to the intake of additional food for toddlers that contains enough energy, protein, and other nutrients so that there is an increase in children's nutritional status by providing self-processed PMT with food ingredients that are easily accessible, cheap, and easy to make.

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