

EDUCATION ABOUT MAKING MORINGA LEAF PUDDING TO PREVENT STUNTING IN TODDLERS IN PUCAK VILLAGE, TOMPOBULU DISTRICT, MAROS REGENCY

Yusriani¹, Muhammad Khidri Alwi², Ida Rosada³, Rika Handayani⁴

¹Faculty of Public Health, Universitas Muslim Indonesia, Indonesia (yusriani.yusriani@umi.ac.id)

²Faculty of Public Health, Universitas Muslim Indonesia, Indonesia (muhkhidri.alwi@umi.ac.id)

³Faculty of Agriculture, Universitas Muslim Indonesia, Indonesia (ida.rosada@umi.ac.id)

⁴Reproductive Health Masters Study Program, Postgraduate Program, Megarezky University, Indonesia (rikahandayani10@unimerz.ac.id)

BACKGROUND :

Stunting is a disruption in the growth and development of children due to chronic malnutrition and recurrent infections, which is characterized by the child's length or height being below standard. Stunting is a significant health problem in Indonesia, especially in rural areas. The prevalence of stunting under five in Indonesia will reach 21.6% in 2022, decreasing from 24.4% in 2021. There are 38 toddlers experiencing stunting in Pucak Village, Tompobulu District, Maros Regency. This is caused by inappropriate food choices which have an influence on inadequate nutritional intake. One solution that can be implemented to overcome the problem of stunting is to increase the intake of foods that are rich in nutrients. Moringa leaves (*Moringa oleifera*) are known as an excellent source of nutrition. To overcome this, innovation in serving Moringa leaves is important. Moringa leaf pudding can be an interesting and fun alternative, especially for toddlers.

METHOD : This activity used communication media in conducting health education, which are two important elements in the process of conveying information between individuals or groups. Communication methods refer to the methods or techniques used to convey messages. The communication media used in this research are posters and videos. The research used a one-group pretest-posttest design, where participants were given a pre-test to measure their knowledge before being given the intervention (education and demonstration of making Moringa leaf pudding), and a post-test to see the increase in knowledge, attitudes and skills after the intervention.

RESULTS & DISCUSSION: The results show that education about making Moringa leaf pudding influences mothers' knowledge, attitudes and behavior in preventing stunting, as well as its implications for toddlers' health. Overall, the activities underscores the effectiveness of targeted nutritional education in enhancing cadres' capacity to prevent stunting through practical dietary interventions, ultimately contributing to the improved health and development of children.

CONCLUSION : The findings of this activities are that the potential of cadres who have been given health education has increased in terms of knowledge, attitudes and skills of cadres in making Moringa leaf pudding to prevent stunting.

KEYWORDS : Stunting; Toddler; Moringa Leaves; Pudding