

Nutrition Services Strategy In Toddlers

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ABSTRACT

The World Health Organization (WHO) states that infant mortality is caused by nutritional problems. The study used a qualitative method with a phenomenological approach to nutrition service strategies for toddlers. The research informants are the Head of the Puskesmas, the person in charge of the nutrition program, the village midwife, the staff of the public health sector of South Nias Regency. The research was conducted in November 2018-July 2019. Internal factors of the Bawomataluo Health Center in nutritional services for toddlers are the availability of health services, the budget for nutrition services, SOPs for nutrition services, health efforts through the availability of nutrition counseling rooms, lack of human resources, the nutritional status reporting system which is still manual. External factors: work partners, support from the government, community creativity in managing food, low economy, damaged infrastructure, behavior and culture of the community who are less concerned with the nutritional needs of toddlers. Alternative strategies that can be used for nutritional services to children under five at the puskesmas are by utilizing the budget with partners, improving nutrition service facilities, providing additional food, increasing training, providing demonstrations of good food ingredient management, increasing human resources, improving technology-based reporting systems.

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1. Introduction

One of the health problems that is quite serious and must get attention from various elements at this time is the problem of toddler nutrition because it is very influential on the growth and development of his life. The world health organization (WHO) states that more than 50 percent of infant and child deaths are caused by nutritional problems, including 5.7% of children under five with poor nutritional status and 13.9% of undernourished status. (Moench-Pfanner et al., 2017)

Nutrition is a serious problem and must be a priority for the government to solve this problem and one way to overcome it is to make the management of malnutrition an effort to handle every case found (Akbar Fredy, 2019)

Data from the World Health Organization (WHO) states that the highest malnutrition and malnutrition are in Africa as much as 17.3% (11.3 million), America 1.7% (1.3 million), Southeast Asia 26.9% (48 million).), Europe 1.2% (0.7 million), Eastern Mediterranean 13% (10.5 million), Western Pacific 2.9% (3.4 million), while globally in the world the prevalence of children under five years old experiencing underweight tialah 14% (94.5 million) (Rahimah Nur Hanifah et al., 2020)

Various factors affect the nutritional status of children under five in each region such as economic status, social status, educational status and so on. Each region or region has its own different habits in meeting the nutritional status of family members due to the influence of social, economic and cultural status between communities. (Warren & Frongillo, 2017)

The condition of low economic status will certainly have a relative relationship to the adequacy of the nutritional needs of family members, especially the nutrition of children under five. The government, in this case health care facilities, has made various efforts or programs, providing facilities to overcome nutritional health problems such as providing nutrition education and training, counseling, demonstration demonstrations and balanced nutrition practices, providing additional food and others. However, this has not been able to solve the nutritional problems in each region. (Rosdiana et al., 2021)

Puskesmas is the organizer of first-level public health efforts and first-level individual health efforts that are carried out in an integrated and sustainable manner. First-level health efforts include essential public health and development health efforts, including: health promotion services, environmental health services, maternal, child and family planning health services, nutrition services, disease prevention and control services. In addition, one of the main tasks of the puskesmas is to run a nutrition program as an extension of the district health office by carrying out efforts to improve nutrition through identifying people with malnutrition, developing nutrition improvement programs, and providing nutrition education to the community. (Rahimah Nur Hanifah et al., 2020)

Based on the 2018 Riskesdas data, the proportion of malnutrition and malnutrition nationally in children under five was 17.7% in 2018, of which 3.9% were malnourished and 13.8 was undernourished. The highest proportion of malnutrition and undernutrition status in children under five is in the East Nusa Tenggara area of 29.5%, while the lowest proportion of malnutrition and malnutrition in children under five is in the Riau Islands area of 13% (Ministry of Health, 2018).

Data from the North Sumatra Provincial Health Office in 2017, the status of malnutrition and malnutrition in children under five based on body weight for age (W/W) was 18.2%. The highest proportion of malnutrition and undernutrition was in West Nias Regency as much as 36.8%, while the lowest proportion of malnutrition and undernutrition in children under five was in the district/city of Medan as much as 6.0%. Meanwhile, the proportion of malnutrition and malnutrition among children under five in South Nias district is 26.7% (North Sumatra Provincial Health Office, 2017).

The results of the Public Health Center report at the South Nias District Health Office from 2013 to 2017 overall under five who experienced malnutrition were 204 cases where in 2013 as many as 58 cases, in 2014 as many as 40 cases, in 2015 as many as 25 cases and in 2016 no case data. In 2017, the number of children under five with malnutrition increased to 81 cases, of which 41 cases were male and 40 female cases. When viewed from the report of the work area of each puskesmas, the Aramo Health Center is the largest working area that serves malnourished toddlers, namely 41 cases, then the Hilisataro Health Center work area is 16 cases, Hibala Health Center is 18 cases, Bawomataluo Health Center is 3 cases (Department of the National Health Service). South Nias District Health, 2017).

In addition, data from the South Nias District health office in 2018, the Bawomataluo Health Center provided a nutritional status report for toddlers with a total of 5 people with poor nutritional status and 15 people with poor nutritional status. (South Nias District Health Office, 2018)

The working area of the Bawomataluo Health Center is one of the health service providers in South Nias district which consists of seventeen villages where each village has a different economic, social and cultural status. The population, which is mostly farmers, is one of the factors that tend to cause nutritional status problems in toddlers. Community habits, especially mothers of toddlers, are still lacking in nutritional attention such as exclusive breastfeeding for toddlers up to the age of six months, awareness of coming to health services to monitor the developmental status of toddlers who are still low, eating foods that are not diverse, the use of iodized salt and so on. For this reason, the community health service center continues to make efforts to improve nutrition services with other strategies that are considered to be an alternative in overcoming the nutritional problems of children under five.

On December 27, the researcher conducted an initial survey of one of the staff at the Bawomataluo Health Center and the results said that efforts to control nutrition in toddlers were carried out optimally, monitoring the nutritional status of toddlers through the posyandu and if there were findings of a case, immediate service actions were carried out such as providing additional food and others. etc. However, until now the incidence of cases of malnutrition in children under five still exists.

2. Methods

The design of this study is a qualitative research with a phenomenological approach that seeks to explore information as deeply as possible and is a way to solve or answer the problems that are being faced in the current situation of the problems studied. The number of informants in this study were 4 people, including: 1 head of the Puskesmas, 1 person in charge of the nutrition program at the puskesmas and 1 village midwife in the working area of the Bawomataluo Health Center, 1 staff from the South Nias District Health Office in the field of public health and nutrition

3. Results and Discussion

Research conducted at the Bawomataluo Public Health Center identified that the internal factors of the health center that influenced the formation of the strengths and weaknesses of nutritional services were related to the internal conditions of the health center. Then external factors affect the formation of opportunities and threats, where this condition is related to conditions that occur outside the puskesmas that influence the decision making of nutrition services at the puskesmas.

External factors include the puskesmas environment, economy, politics, technology, population, social and culture. While the internal factors include functional management, finance, operations, human resources, research and development, information systems and culture of the puskesmas and can be seen in the following table.

TABLE 1
IDENTIFICATION OF INTERNAL AND EXTERNAL FACTORS

Internal factors	Power	Weakness
Functional management	The availability of basic health services to meet the needs of the public	-
Finance	The availability of budget from the government (BOK)	-
Operational	The existence of SOP Nutrition services for toddlers	-
Human Resources	-	Lack of human resources (HR) in nutrition
Information Systems	-	Manual nutritional status reporting system
Public Health Center culture	The existence of health services efforts through the availability of nutrition counseling rooms	-
External factors	Opportunity	Threat
Public Health Center environment	The existence of work partners of health centers	-
Economics	-	The low family economic status
Political	There are supports from the government	-
Population	There is community creativity	-
Information Systems	The availability of nutrition services policy	-
Social and cultural	-	Behavior, culture of people who are less concerned about nutrition.

Discussion

The achievement of the target of the government's work program through the puskesmas in the

service of handling nutritional problems in toddlers in an area is influenced by how the internal management system that exists in carrying out its activities. Handling nutrition in toddlers is an ongoing activity because the handling will take a long time and of course these activities are planned by the management at the health center.

The functional management of the puskesmas is basic health service activities that are implemented in the puskesmas as the executor of public health service efforts in accordance with their respective duties to achieve the vision and mission of the puskesmas. The availability of a whole series of community health service efforts at the puskesmas is a strength value within the puskesmas to carry out health service activities, especially in the nutrition sector. The management of the Bawomataluo Health Center has duties and functions in carrying out public health service efforts in accordance with their respective duties so that each activity can be carried out in a structured manner and plan strategies to solve nutritional problems (Putri et al., 2020)

A constant source of budget from the Ministry of Health through health operational costs is the strength of puskesmas in implementing nutrition services. The availability of all costs for a series of nutritional health service activities can assist puskesmas officers in carrying out their duties as implementers of community nutrition health services. The budget or health operational costs can be used as operational costs for health service workers to provide public health efforts in the field of nutrition and other health efforts. Regional governments that have political power also affect the procurement of funds, especially the budget in overcoming nutritional problems in the community to achieve the targets of the central government (Harris et al., 2017)

Guidelines or operational standards of nutritional procedures are very important for nutrition service actions to avoid errors in the administration of nutrition services for toddlers. Nutrition service activities ranging from promotive, preventive, curative, and rehabilitative efforts carried out at the Bawomataluo Health Center, both inside and outside the building, are carried out in accordance with standard operating procedures for nutrition services at the Health Center issued by the Ministry of Health. With standard operating procedures for under-five nutrition services at the puskesmas, it makes it easier for officers to carry out nutritional services effectively and improve nutritional service training for toddlers (Sukrayasa et al., 2018)

Activities in the context of improving nutrition which are the responsibility of the puskesmas are carried out by personnel in charge of nutrition with a nutrition education background. From the information obtained at the Bawomataluo Health Center, human resources in the field of nutrition are still lacking and coupled with years of service that have not been completed yet. He has been in charge of nutrition at the Bawomataluo Public Health Center and has not participated in many special trainings for nutrition services, so that in the management of nutritional services for toddlers, there are still obstacles (Ministry of Health, 2018)

Information system is a combination of work procedures, information, people and information technology organized to achieve goals within an organization. The information system at the Bawomataluo Health Center in this case concerns the information system (computerized) is still very limited so that the reporting system for monitoring the nutritional status of toddlers has problems and causes delays in reporting the nutritional status of toddlers. The availability of information system equipment at the Bawomataluo Health Center really needs to be equipped so that every nutritional health service activity can be carried out easily and quickly by the health workers on duty. Information obtained by the government through the puskesmas on a regular basis will determine the decisions or policies that are given (Ni Ketut Aryastami, Brian Prahastuti, 2018)

Bawomataluo Health Center which has been established for a long time to provide health service efforts to the community, of course, various experiences gained in carrying out health service activities. These good experiences serve as a separate culture or strategy by the puskesmas in providing community nutrition health service efforts.

In nutrition services, the Bawomataluo Health Center has partners in building nutrition for the people of the Fanayama sub-district, namely Wahana Visi Indonesia and the village government. For the effort to provide nutrition services for the under-fives of the Fanayama community, Wahana Visi Indonesia is involved in contributing in the form of collaboration with the puskesmas such as providing additional food for toddlers and breastfeeding mothers, training and demonstration of food processing with good nutritional value on an ongoing basis.

The residents of the Fanayama sub-district have different sources of income because their work is only construction workers, fishermen and farmers so that they are very limited in meeting the

nutritional needs of their families. Family economic factors have a major influence in fulfilling the nutritional status of children under five and their families. In an effort to fulfill nutrition, the role of the government through health centers is needed to overcome the problem of poverty related to nutrition, especially nutrition for toddlers. In meeting the nutritional needs of toddlers, special attention is needed and costs are needed in providing nutritional intake for toddlers (Goudet et al., 2018)

Providing nutritional services to underprivileged communities together with partners by launching additional feeding activities for people who are unable to meet the nutritional needs of family members or toddlers. Giving additional food to toddlers is very influential on development and growth (Evitasi, 2021)

The government provides political support in public nutrition services to the health office through health centers such as by issuing nutrition service policies and providing a budget that is sourced from the regional revenue and expenditure budget each year. Based on this, the government provides support for health service efforts in rural areas through puskesmas

Health centers that have nutrition management personnel become their own strength in overcoming problems, so that the program can be achieved in reducing the incidence of malnutrition in the work area of each health center. Nutrition implementers have a part in achieving government targets in fulfilling nutrition in each region, where in this case all relevant agencies have a shared responsibility in overcoming nutritional problems in toddlers (Rosita et al., 2019).

The natural resources in the Bawomataluo Health Center area are mostly agricultural areas and some are also fishery resources (fishermen). Based on the results of these natural resources, the community uses them to meet the nutritional needs of family members with various creativity in managing locally-based food into good nutritional value foods that have received training from the puskesmas together with their partners so that the nutritional needs of family members can be met without relying on food. ready-to-eat.

The mindset of the community still thinks that the need for food is to eat a lot of food and rich in carbohydrates without considering the adequacy of balanced nutrition so this shows that the socio-cultural aspect still dominates the eating habits of the local community. Thus, the Bawomataluo Public Health Center continues to improve its approach to the community through health education or promotion to change the mindset or mindset of the community about the need for balanced nutrition for pregnant women, breastfeeding mothers and toddlers and a policy is needed so that parents can give a lot of time to provide patterns care for children.

People's mindsets that are still low on the need for balanced nutrition for families, especially nutrition for toddlers, pregnant women and breastfeeding mothers require the participation and support of various parties. Community leaders and religious leaders are parties who can influence in changing the mindset of people who are not aware of balanced family nutrition who can work together with puskesmas and the government so that the problem of unbalanced nutrition can be resolved in every community group.

4. Conclusions

Based on the results of the research and discussion, it can be concluded that the Bawomataluo Health Center has strengths in nutritional services for toddlers, namely the availability of health services to meet community needs, the availability of a nutritional service budget from the government through health operational costs, the existence of standard operating procedures for nutrition services at the puskesmas, the existence of health efforts through the availability of health services. nutrition counseling room. The Bawomataluo Health Center has weaknesses in nutritional services for toddlers, namely the lack of human resources in the field of nutrition, the nutritional status reporting system is still manual. The Bawomataluo Health Center has an opportunity in providing nutrition services for toddlers, namely having partners in tackling and developing community nutrition, especially toddler nutrition, the support from the government, the willingness and desire of the community to utilize local food (vegetables, fruits, fish, shrimp and others). etc.) to become food with good nutritional value. The Bawomataluo Health Center has threats or challenges in nutritional services for toddlers, namely the low economic status of the community, the state of damaged road infrastructure, the behavior and culture of the community who are less concerned with the

nutritional needs of toddlers.

Based on the conclusions above, related to the research problem, there are several suggestions that the authors convey: It is hoped that the UPTD of the Bawomataluo Health Center to increase human resources in the field of nutrition with relevant educational backgrounds and increase training activities for community nutrition services, especially toddlers, it is hoped that the UPTD health workers Puskesmas Bawomataluo to improve counseling to change the mindset or mindset of the community about good nutrition, utilize health service facilities in the management of locally-based foodstuffs to become food of good nutritional value, it is hoped that future researchers will conduct further research on nutrition service strategies at the Puskesmas by using technical methods Analytical Hierarchy Process (AHP) in order to get a priority strategy in nutrition services for toddlers.

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