

Prevention of Stunting through socialization and making avocado cake in Sepakung Village

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Abstract:

Stunting is a health problem that is still a serious concern in Indonesia. This condition occurs due to chronic malnutrition which has an impact on children's physical growth and cognitive development. This community service activity was carried out in Sepakung Village, Banyubiru District, with a participatory approach involving the community, especially pregnant women, breastfeeding mothers, Posyandu cadres, and local community leaders. The implementation method consists of several main stages, namely planning, implementation and evaluation. Socialization on stunting prevention in Sepakung Village was carried out involving Posyandu cadres as the main facilitators. This activity was attended by pregnant women, breastfeeding mothers and the general public who wanted to understand more about the importance of preventing stunting. The results of this training were very positive. Most participants felt that the avocado cake recipe was easy to make and tasted delicious, so it could be applied in everyday life. Apart from that, participants also began to understand that avocados can be used as a healthy food alternative that is attractive to children. Further efforts are needed to develop alternative food sources that can be used throughout the year and increase community independence in processing and utilizing local food ingredients more widely.

Keywords : *Stunting, Sosialization, Avocado cake.*

Introduction (Cambria, size 13)

Stunting is a health problem that is still a serious concern in Indonesia. This condition occurs due to chronic malnutrition which has an impact on children's physical growth and cognitive development. Based on data from the Ministry of Health of the Republic of Indonesia, the prevalence rate of stunting is still quite high, especially in rural areas. Prevention efforts need to be carried out through appropriate nutritional interventions, one of which is by increasing public awareness about the importance of balanced nutritional intake and the use of nutritious local food resources. Sepakung Village, Banyubiru District, is one of the areas that has potential food resources that can be used to prevent stunting. One local food that is rich in nutrients is avocado (*Persea americana*). Avocados contain healthy fats, vitamin E,

fiber and various other important nutrients that can support children's growth. However, consumption of avocados in society is still limited due to a lack of understanding of its benefits and minimal variations in processing. The Semarang Regency Women's Empowerment, Child Protection and Family Planning (DP3AKB) Service conducted a stunting audit in the second semester of 2024, in two vulnerable villages based on the results. The second 2024 stunting case audit was carried out in two high risk villages, namely in Sepakung Village, Banyubiru and Kalongan Village, East Ungaran. As a result, it was found that 10 baduta were in the short category and 11 others were underweight. There are 16 juniors who do not have health insurance (BPJS).

As part of efforts to prevent stunting, this service program is carried out through two main activities, namely stunting outreach which will be carried out by Posyandu cadres and training in making avocado cake as an alternative nutritious snack. With this approach, it is hoped that the community, especially pregnant and breastfeeding mothers, will better understand the importance of balanced nutrition and be able to prepare more nutritious food for their children.

This service activity aims to, increase public understanding about stunting, its causes, impacts and ways of preventing it through outreach carried out by Posyandu cadres. Educate the public about the benefits of avocado as a nutritious food source in supporting children's growth and development. Providing training to the community, especially mothers in Sepakung Village, in processing avocados into healthy sponge cake which can be a nutritious alternative food for children. Encourage the use of local food ingredients as part of independent and sustainable stunting prevention efforts. Through this activity, it is hoped that the community of Sepakung Village can increase awareness about the importance of balanced nutrition in preventing stunting and be able to implement healthier consumption patterns by using local food ingredients. Apart from that, it is hoped that training in making avocado cake can be a practical solution in providing nutritious food that children like, as well as opening up business opportunities for the local community. With this outreach and training, it is hoped that stunting prevention efforts can run more effectively and sustainably at the community level. This service activity is in line with the government's efforts to accelerate stunting reduction through the use of local food that is easily accessible, affordable and highly nutritious. It is hoped that the sustainability of this program will provide long-term benefits for society, especially in creating a healthier and more qualified generation.

Method

This community service activity was carried out in Sepakung Village, Banyubiru District, with a participatory approach involving the community, especially pregnant women, breastfeeding mothers, Posyandu cadres, and local community leaders. The implementation method consists of several main stages, namely planning, implementation and evaluation.

Planning

This stage aims to prepare activities so that they can run effectively. Activities carried out at this stage include Survey and Needs Identification. Conduct observations and interviews with village officials, Posyandu cadres, and the community to determine their level of understanding about stunting and balanced nutrition. Identify the availability of local raw materials, especially avocados, which can be processed into nutritious food. Coordination with Village Government and Posyandu. Coordinate with the village head and Posyandu cadres to determine the time and place for socialization and training on making avocado cake. Prepare outreach materials that are relevant and easy to understand by the public. Preparation of Facilities and Infrastructure, Prepare the materials needed for training in making avocado cake, such as avocado, flour, eggs and cooking tools. Prepare outreach media such as leaflets, posters, or presentations about preventing stunting and the benefits of avocado as a nutritious food.



Image 1. Discussion with the Village Head



Image 2. Brainstorming with Sepakung Village

2. Implementation

The main activities in this service consist of two parts, namely outreach on stunting prevention and training on making avocado cake. Stunting Prevention Socialization, Socialization is carried out by Posyandu cadres who have received training on stunting and balanced nutrition. The material presented includes: Definition and causes of stunting, long-term impact of stunting on children's growth, the importance of balanced nutrition in the first 1,000 days of life (HPK), use of avocado as a nutritious food to prevent stunting. The delivery method is interactive, with discussion and question and answer sessions so that it is easier for the public to understand the information provided. Training on Making Avocado Cake. This training aims to provide skills to the community in processing avocados into healthy and nutritious food.

Training steps:

- a) Demonstration of how to choose and process avocados correctly.
- b) Direct practice of making avocado cake by participants with the guidance of the service team.
- c) Discussion about variations in recipes and ways of serving avocado cake to make it more attractive to children.
- d) Participants who take part in the training can taste the processed products and are given recipes and written guidelines so they can apply them at home.



Image 3. Brainstorm proposals to posyandu as a resource



Image 4. Stunting Socialization



Image 5. Stunting Socialization and Avocado Cake Demonstration



Image 6. Avocado Cake Demonstration



Image 6. Avocado Cake Results



Image 7. Distribution of Avocado Cake

3. Evaluation and Monitoring

Evaluations were carried out to measure the success of the service program, with several Socialization Evaluations, Evaluation of Training on Making Avocado Cake, Observation of participants' skills in processing avocados after attending the training, Survey of participant satisfaction regarding the benefits and ease of applying the avocado cake recipe at home, Involving Posyandu cadres to continue to educate the community about the importance of balanced nutrition and the use of local food, Encouraging participants to make avocado cake independently and sharing experiences with other residents, Monitoring the sustainability of nutritious food consumption in participant families. With this method, it is hoped that service activities can have a real positive impact in increasing public awareness of stunting prevention and encouraging the use of local food ingredients as a source of balanced nutrition.

Result

The service team gave an example of how to make healthy avocado cake. Socialization

on stunting prevention in Sepakung Village was carried out involving Posyandu cadres as the main facilitators. This activity was attended by pregnant women, breastfeeding mothers and the general public who wanted to understand more about the importance of preventing stunting. The socialization session began with an explanation of the definition, causes and impact of stunting on children's growth and development. The material presented includes:

- a) The importance of fulfilling nutrition during the First 1,000 Days of Life (HPK).
- b) Sources of nutritious food that can be consumed to prevent stunting, including avocado as a highly nutritious food choice.
- c) How to process and combine healthy foods for children to make them more attractive and nutritionally balanced.

Training on making avocado cake was carried out after the socialization session to provide practical skills to the community in processing nutritious local food ingredients. This activity was attended by housewives and Posyandu cadres who wanted to try healthy recipes as alternative food for their children.

Stages in this training include:

- a) Introduction to ingredients and tools: Participants are introduced to the main ingredient, namely avocado, as well as additional ingredients such as flour, eggs and natural sweeteners.
- b) Demonstration of making avocado sponge cake: using the right technique for mixing ingredients and baking methods.
- c) Direct practice by participants: Each participant is given the opportunity to make their own avocado cake with guidance from the service team.

The results of this training were very positive. Most participants felt that the avocado cake recipe was easy to make and tasted delicious, so it could be applied in everyday life. Apart from that, participants also began to understand that avocados can be used as a healthy food alternative that is attractive to children. The evaluation results show that this service activity has had a positive impact on the community of Sepakung Village. Some of the main points obtained from the evaluation are, Increased awareness about stunting: After taking part in the socialization, participants have a better understanding of the importance of balanced nutrition and efforts to prevent stunting, Skills in preparing healthy food: Participants are able to apply the knowledge gained by trying to make avocado cake at home, Program sustainability: Several mothers who participated in the training plan to make avocado cake as a healthy snack for their children and share the recipe with neighbors and other families.

Apart from that, Posyandu cadres involved in this activity also expressed their readiness to continue providing education to the public about the importance of a healthy diet as part of efforts to prevent stunting. With this activity, it is hoped that Sepakung Village can adopt better habits of consuming nutritious food. Sustainability steps that can be taken include increasing the involvement of Posyandu cadres in routine nutrition education, introducing a wider variety of local food-based recipes to

increase family nutritional intake, developing local food-based economic empowerment initiatives, for example by making avocado cake a home product that can be marketed. Overall, this activity has provided real benefits in increasing public awareness of the importance of preventing stunting through education and innovation in healthy food based on local food ingredients.

Discussion

The results of this service show that an education-based approach and direct practice in preventing stunting can have a positive impact on society. The socialization carried out by Posyandu cadres succeeded in increasing public understanding of the importance of balanced nutrition, especially in the First 1,000 Days of Life (HPK). This can be seen from the increase in participants' understanding scores before and after socialization, which shows that nutrition education has an important role in changing people's mindset and behavior regarding stunting.

Apart from that, training on making avocado cake as a nutritious local food innovation received a positive response from the community. Participants not only gain knowledge about the benefits of avocado as a source of healthy fats, vitamins and minerals that are good for children's growth, but also gain practical skills in processing this food ingredient into food that is more attractive to children. This is in line with previous research which states that food diversification based on local food can help increase children's nutritional intake and support family food security. Although this activity was successful in increasing community awareness and skills, there are several challenges that need to be considered for program sustainability. One of them is the sustainable availability of raw materials, especially avocados which are seasonal. Therefore, further efforts are needed to develop alternative food sources that can be used throughout the year and increase community independence in processing and utilizing local food ingredients more widely. (Cambria, size 12)

Conclusion

This community service activity has succeeded in increasing the awareness of the Sepakung Village community regarding the importance of nutrition in preventing stunting and providing new skills in processing healthy food based on local food ingredients. The outreach provided by Posyandu cadres has proven effective in providing understanding to the public about the causes, impacts and ways to prevent stunting. Training on making avocado cake provides real benefits for participants, not only in increasing the variety of healthy food consumption for children but also opening up opportunities for housewives to develop local food-based businesses. The sustainability of this program can be supported by strengthening nutritional education on a regular basis as well as further exploration of other local food ingredients that can be developed into nutritious food. With this program, it is hoped that Sepakung Village can become an example in implementing community-based stunting prevention efforts, where the community is actively involved in improving the quality of nutrition and health of their children.

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