

I. INTRODUCTION

1.1 Background

Not only a double burden, but now it has become a triple burden. For over a decade Indonesia has been facing a number of stunted and wasted children, obesity, and now micronutrient deficiency. According to the Ministry of Health in collaboration with the Indonesian Nutritional Status Study (*Studi Status Gizi Indonesia*) in 2021, 24,4% of children in Indonesia under the age of 5 years old are stunted, 7,1% are wasted, 3.8% are overweight and 17% are underweight. From the survey, Banten province is placed in the middle for every category of malnutrition.

Education has been a way to improve someone's knowledge. The importance of 13 years of compulsory education in Indonesia will not only affect their own future but also the next generation. The same applies to the concept of one's health. Prevention as the core of the public health system should be done not only by the health personnel but each to their own. However, low literacy among the local community made it hard for them to find, understand, and use the health information. Thus, to minimize the gap, an increase in health literacy through education is needed. The U.S. Department of Health and Human Services (HHS) defines health literacy as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions" (Benjamin, 2010). Through customized information and education to the local community, it is hoped to improve their health literacy and to be used effectively in their daily life (CDC, 2020). This concept was to be adapted to a nutrition intervention program that included a specific education regarding nutrition to the local community.

Family-based nutrition programs are not a new kind of intervention that are done in Indonesia. However, most do not emphasize the role of parents in correlation to diet practices in their household (Chiong et al., 2020). Abuya et al. (2012) found that there observed a strong correlation between maternal education and child's health, of which children born in higher educated women will be less vulnerable to malnutrition that can manifests into stunting, wasting, and underweight and/or obese compared to those born from women with lower education. Indonesia as a developing country should also be aware regarding the crucial role of community level socioeconomic status (SES) to incidence of malnutrition (Tette et al., 2015; Ahmad et al., 2020). Among many factors that can contribute to one's socioeconomic status, poverty and maternal education were found to have the most significant effect on malnutrition in children (Ahmad et al., 2020, Abuya et al., 2012). According to study by Ahmad et al., (2020) the children in developing countries or those with low socioeconomic status are 2.5 times more vulnerable to malnutrition compared to the one in higher socioeconomic status. UNICEF (2018) Nutrition Assessment Report also adds that the top two challenges regarding capacity of nutrition in Indonesia are lack of awareness regarding malnutrition and lack of capacity to plan and implement.

This suggests the importance of maternal education regarding family nutrition and how to implement it in daily practices.

The effectiveness of nutrition education at the community level to caregiver and/or mothers are proven by various studies to increase the nutrition status of their children (Prasetyo et al., 2023; Kuchenbecker et al., 2017; Majamanda et al., 2014). The nutrition education significantly affected the mothers' knowledge, attitude, and practices that eventually affects the children's nutritional status such as, the average birth weight, height, weight, mid upper arm circumference, and even reduced level of morbidity (Prasetyo et al., 2023; Majamanda et al., 2014). Not limited to that, nutrition education to the caregiver was also found to improve child dietary diversity (Kuchenbecker et al., 2017). In order to achieve these, a specific curated nutrition education to the target community is required, a group meeting between the caregiver, frequent intervals of the education sessions, and home visiting activity are suggested to be applied (Majamanda et al., 2014).

As described by the WHO, a healthy diet means to prevent malnutrition and NCDs or any health conditions in one's lifetime. Each individual needs a diversified, balanced, and healthy diet in order to achieve this. However, National Research Council (US) Food and Nutrition Board (1986) suggests "eat a variety of food" advice would be interpreted differently, which may result in increased total food consumed (increased calorie intake) rather than increased variety. Thus, more specific advice and guidelines are needed. As of 2018, the Ministry of Health Indonesia has updated the Food Guide Pyramid or *Tumpeng Gizi Seimbang* to *Isi Piringku*. Since many Indonesians still do not know *Isi Piringku*, it will be cooperated and used as the main guidelines for the education (Siahaya et al., 2021; Rahmy et al., 2020).

As a recommendation from the Non-Governmental Organization (NGO) Human Initiative (HI), Pangkalan Village has been their target of intervention since 2020. After the intervention or starting from 2022, Pangkalan village is no longer categorized as *lokus* (*lokasi khusus stunting*) by the Ministry of Health, Indonesia. However, as of 2023, Pangkalan village fell back into *lokus*. Thus, Pangkalan village was chosen as the target of intervention in this community development.

Thus, it is hoped that through this community development the mothers in Pangkalan Village can get a new perspective regarding nutrition, especially *Isi Piringku*, and be able to apply it in their household for a better health for all the family members.

1.2 Aim

The aim of this community development is as follows:

- To improve the knowledge and attitude in relation to family nutrition of mothers in Pangkalan village, Tangerang, Banten.
- To know the factors that affects the mother's knowledge and attitude regarding family nutrition.

1.3 Benefit

The outcomes of the community development are expected to give benefits to the society as follows:

- Provide an insight to the mothers about the importance of a balanced diet to their family and how to apply it.
- Helping in the nutrition-related bodies (e.g., Ministry of Health Indonesia) to keep improving the nutrition education system for parents.