

Abstract

The prevalence of stunting continues to be a severe public health concern that has hampered the nation's expansion and progress. One of the factors causing the high incidence of stunting was ignorance about the causes of stunting in the first 1000 days of life. Pregnant women have a crucial role in addressing the nutritional intake of themselves and the children so stunting could be prevented early. Therefore, this study aimed to improve and sharpen the knowledge through Nutrition-Parenting-Education programs regarding stunting prevention; macro- and micro-nutrient needs; and prepare practical complementary feeding for toddlers toward pregnant women in DKI Jakarta, Indonesia. The program was conducted in a two-day interactive online session (Webinar). Module development was provided for self-education preparation about nutrition from pregnancy until toddlerhood, together with the complementary feeding. Data was collected from 35 pregnant women in all trimesters by sharing the pamphlet about the program to all midwife-place in Jakarta (East, West, South, Central, North). The program has successfully overall improved the knowledge of the participants, that the knowledge before increased from 57.90% in the pre-test to 98.67% after the program (post-test). Association of the knowledge conduct Nutrition-Parenting-Education program was found in the variables of pregnant women (p -value = 0.003) means that the p -value <0.005. However, there were no changes in attitude, practice and self efficacy after the program was conducted.

Keywords : *Nutrition, Pregnant women, Stunting, The first 1000 days of life, Midwife, Parenting, Education, KAP, Self-efficacy.*