

Pencegahan *Stunting* melalui Fortifikasi Tepung Ikan pada Produk Makanan untuk Balita di Desa Kebakalan Kabupaten Kebumen

Stunting Prevention through Fish Flour Fortification in Complementary Food Products for Toddlers in Kebakalan Village, Kebumen Regency

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ABSTRAK

Prevalensi angka *stunting* di Kabupaten Kebumen menunjukkan tren penurunan, dari 14% menjadi 12% pada tahun 2022. Namun, upaya pencegahan *stunting* masih perlu tetap dilakukan. Desa Kebakalan, Kabupaten Kebumen merupakan salah satu desa dengan kasus *stunting*. Pengembangan produk pangan berbasis protein melalui inovasi fortifikasi tepung ikan dalam makanan balita menjadi salah satu langkah strategis untuk pencegahan *stunting*. Kegiatan dilaksanakan melalui sosialisasi urgensi *stunting* dalam perkembangan balita, pelaksanaan *pre-test* dan *post-test* untuk mengukur tingkat pemahaman *stunting*, serta demonstrasi fortifikasi tepung ikan dalam makanan balita. Kegiatan melibatkan pihak “Bapperida” sebagai narasumber, peserta adalah ibu-ibu “PKK”, kelompok masyarakat, dan Kader Posyandu. Hasil kegiatan menunjukkan adanya peningkatan pemahaman peserta mengenai pencegahan *stunting* melalui konsumsi makanan yang telah diperkaya dengan protein ikan, diukur melalui peningkatan skor *pre-test* dan *post-test*. Demonstrasi fortifikasi tepung ikan dalam makanan balita juga dapat meningkatkan keterampilan peserta dalam mengolah produk pangan berbasis tepung ikan. Beberapa makanan yang dihasilkan adalah sempol udang, bakwan pontianak, perkedel, nugget kentang dan bola-bola tahu. Keberhasilan dalam mempraktekkan makanan dengan fortifikasi tepung ikan diharapkan dapat memperkuat kesadaran peserta akan pentingnya makanan bergizi untuk pencegahan *stunting*. Pemantauan lebih lanjut perlu dilakukan untuk menjamin keberlanjutan program serta peningkatan nilai tambah terhadap produk inovasi hasil fortifikasi tepung ikan. Kegiatan ini menghasilkan output: (1) Laporan Kegiatan, (2) 6 publikasi di media massa, (3) naskah publikasi di jurnal pengabdian kepada masyarakat, (4) 2 modul pengabdian, (5) 1 buku, dan (6) 1 Hak Cipta.

Kata kunci: fortifikasi, inovasi, nilai tambah, protein ikan, *stunting*

ABSTRACT

The prevalence of *stunting* in Kebumen Regency has shown a declining trend, decreasing from 14% to 12% in 2022. Nevertheless, efforts to prevent *stunting* still need to be continuously reinforced. Kebakalan Village, located in Kebumen Regency, is one of the villages where *stunting* cases are found. Developing protein-based food products through innovation in fish flour fortification for complementary foods for toddlers represents a strategic approach to *stunting* prevention. The program was carried out through activities including socialization on the urgency of *stunting* prevention in child development, administration of pre-tests and post-tests to measure participants' understanding of *stunting*, and demonstrations of fish flour fortification in toddler foods. The activity involved “Bapperida” as the resource person, with participants consisting of “PKK” women's groups, community groups, and Posyandu cadres. The results indicated an improvement in participants' understanding of *stunting* prevention through the consumption of foods enriched with fish protein, as reflected in the increased pre-test and post-test scores. The demonstration of fish flour fortification also enhanced participants' skills in processing fish flour-based food products. Several products developed during the activity included shrimp skewer fritters, Pontianak-style vegetable fritters, potato patties, potato nuggets, and tofu balls. The successful practice of preparing fortified foods is expected to strengthen participants' awareness of the importance of nutritious meals in preventing *stunting*. Further monitoring is needed to ensure program sustainability and to enhance the added value of innovative products derived from fish flour fortification. This program produced the following outputs: (1) an activity report, (2) six media publications, (3) a manuscript for a community service journal, (4) two community service modules, (5) one book, and (6) one copyright.

Keywords: added value, fish protein, fortification, innovation, *stunting*