

Integrasi Gizi Berbasis Ecology Funnel (EcoFun) untuk Optimalisasi 7 Kebiasaan Anak Indonesia Hebat dalam Pembelajaran di Sekolah Dasar Kota Kediri

(Integration of Ecology Funnel (EcoFun)-Based Nutrition Education to Optimize the Seven Habits of Indonesian Excellent Children in Elementary School Learning in Kediri City)

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ABSTRAK

Permasalahan gizi pada anak sekolah dasar di Kota Kediri masih tinggi, ditandai dengan prevalensi obesitas sebesar 27,5% dan overweight 17,5% di SD Plus Rahmat, serta 42,5% obesitas dan 12,5% overweight di SDN Burengan 2. Kondisi ini, ditambah terbatasnya integrasi materi gizi seimbang dalam pembelajaran, menunjukkan perlunya strategi sistematis untuk membentuk kebiasaan makan sehat siswa. Kegiatan ini bertujuan mengembangkan model integrasi gizi berbasis *Ecology Funnel* (EcoFun), meningkatkan kapasitas guru, serta menghasilkan perangkat pembelajaran dan jurnal pembiasaan makan bergizi bagi siswa. Program dilaksanakan pada Juni – Juli 2025 melalui koordinasi dengan mitra, *Focus Group Discussion* (FGD), sosialisasi, dan workshop penyusunan RPP. Hasil kegiatan menunjukkan tersusunnya strategi implementasi integrasi gizi, teridentifikasinya tantangan dan kebutuhan sekolah, serta terbentuknya komitmen kolaborasi lintas sektor. Selain itu, pengetahuan guru meningkat signifikan berdasarkan uji Wilcoxon ($p=0,002$), dan dihasilkan draf RPP serta Jurnal Harian Pembiasaan Makan Bergizi untuk kelas 1 – 6. Kegiatan ini menghasilkan tiga output utama, yaitu strategi integrasi gizi, peningkatan kapasitas guru, dan perangkat pembelajaran berbasis gizi seimbang. Secara keseluruhan, program ini memberikan dasar kuat bagi implementasi edukasi gizi berkelanjutan di sekolah dasar dan berpotensi mendukung pembentukan kebiasaan makan sehat serta peningkatan status gizi anak di Kota Kediri.

Kata kunci: edukasi gizi, Ecology Funnel, sekolah dasar, kebiasaan makan sehat.

ABSTRACT

Nutritional problems among elementary school children in Kediri City remain significant, as reflected in the prevalence of obesity (27.5%) and overweight (17.5%) at SD Plus Rahmat, as well as 42.5% obesity and 12.5% overweight at SDN Burengan 2. These conditions, coupled with the limited integration of balanced nutrition content within classroom learning, highlight the need for a systematic strategy to foster healthy eating habits among students. This program aimed to develop an integrated nutrition model based on the Ecology Funnel (EcoFun) approach, strengthen teacher capacity, and produce learning tools and a daily nutrition habit journal for students. The activities were conducted in June–July 2025 through coordination with partner schools, a Focus Group Discussion (FGD), and a series of socialization and workshop sessions for developing lesson plans. The results indicated the successful formulation of strategies for integrating nutrition education, identification of school needs and challenges, and the establishment of cross-sector collaboration commitments. Furthermore, teacher knowledge significantly improved, as evidenced by the Wilcoxon test ($p = 0.002$), and draft lesson plans alongside the Daily Healthy Eating Journal for grades 1–6 were developed. Overall, the program generated three key outputs: nutrition integration strategies, improved teacher capacity, and balanced-nutrition-based learning tools. This initiative provides a strong foundation for sustainable nutrition education implementation in elementary schools and has the potential to promote healthy eating habits and improve the nutritional status of children in Kediri City.

Keywords: nutrition education, Ecology Funnel, elementary school, healthy eating habits