

Membangun Keluarga Cerdas Pangan dan Gizi melalui Pendekatan Literasi pada 1000 Hari Pertama Kehidupan di Kota Malang

(Strengthening Food and Nutrition Literacy to Build Nutrition-Smart Families During the First 1000 Days of Life in Malang City)

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ABSTRAK

Program pengabdian masyarakat ini bertujuan untuk meningkatkan literasi pangan dan gizi pada periode 1000 Hari Pertama Kehidupan (HPK) di Kota Malang, dengan sasaran utama ibu hamil, ibu baduta, dan kader Posyandu sebagai agen perubahan perilaku gizi. Pelaksanaan program dilakukan melalui lima tahapan, yaitu analisis situasi dan kebutuhan, pelatihan peningkatan kapasitas kader dan edukasi kepada ibu balita, penyusunan modul literasi pangan dan gizi, produksi video edukasi berbasis konteks lokal, serta perencanaan keberlanjutan melalui pendampingan kader. Analisis situasi dilakukan pada 200 keluarga balita dan menunjukkan rendahnya pemahaman mengenai praktik pangan dan gizi pada 1000 HPK. Pelatihan yang dilaksanakan di Posyandu Kartini RW 1 Kelurahan Sukoharjo diikuti oleh 25 peserta dan menunjukkan keterlibatan aktif dalam seluruh sesi. Hasil kegiatan memperlihatkan peningkatan pengetahuan dan keterampilan kader dalam menyampaikan pesan gizi, peningkatan literasi pangan dan gizi ibu balita, serta meningkatnya pemanfaatan media edukatif oleh komunitas. Program ini menghasilkan modul ber-ISBN dan seri video edukasi gizi yang dipublikasikan melalui media sosial sebagai sarana pembelajaran berkelanjutan. Secara keseluruhan, program ini berkontribusi pada penguatan kapasitas komunitas dalam pencegahan stunting serta mendukung terwujudnya keluarga cerdas gizi pada periode 1000 HPK di Kota Malang.

Kata kunci: edukasi gizi, kader posyandu, literasi pangan dan gizi, 1000 HPK

ABSTRACT

This community engagement program aims to improve food and nutrition literacy during the First 1000 Days of Life in Malang City, targeting pregnant women, mothers of under two years old children, and Posyandu cadres as key agents of nutrition behavior change. The program was implemented through five stages: situation and needs analysis, capacity-building training for cadres and nutrition education for mothers of young children, development of food and nutrition literacy modules, production of locally contextualized educational videos, and sustainability planning through cadre mentoring. The situation analysis, conducted among 200 households with young children, revealed limited understanding of food and nutrition practices during the 1000-day period. The training, held at Posyandu Kartini RW 1 in Sukoharjo Village and attended by 25 participants, demonstrated active engagement throughout all sessions. The program results showed improvements in cadres' knowledge and skills in delivering nutrition messages, enhanced food and nutrition literacy among mothers, and increased utilization of educational media within the community. The program produced an ISBN-registered module and a series of nutrition education videos published on social media as ongoing learning resources. Overall, this program contributed to strengthening community capacity for stunting prevention and supporting the development of nutrition-smart families during the First 1000 Days of Life in Malang City.

Keywords: first 1000 days of life, food and nutrition literacy, nutrition education, posyandu cadres