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Empowerment of Healthy Kitchen Groups Through Nuiga Production for Stunting Prevention

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Abstract

Stunting is a growth problem in children due to long-term malnutrition. Low income and lack of nutrition information are the main obstacles to preventing stunting in the Antasan Kecil Timur Sub-district. This condition is also exacerbated by giving children instant food and not age-appropriate food. This causes children to lack nutritious food and consume unhealthy foods. The snakehead fish nugget-making program (Nuiga) through the Dashat group is a very good effort to overcome the problem of stunting in the Antasan Kecil Timur Sub-district. The results of this community service have implications for public awareness of the importance of providing healthy food for children by providing nutritious food alternatives that are delicious and easy to make, so that the problem of stunting in Antasan Kecil Timur Sub-district can be overcome.

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INTRODUCTION

Stunting is a condition where a child's physical and mental growth is hampered due to chronic malnutrition from an early age. It is characterized by a height below the standard for the child's age (Julianawati & Febiyanti, 2024). In Indonesia, the public often associates short stature with genetics, which has hindered efforts to combat stunting (Monikasari et al., 2023).

Stunting can lead to growth and developmental impairments in children under two years of age. Children who experience stunting are at risk of failing to reach their full potential due to early limitations in cognitive and motor skills (Sufi & Efastri, 2023). Moreover, stunting inhibits physical growth and has long-term effects on a child's quality of life. Stunted children tend to have lower intelligence, face difficulties in social interaction, and are more likely to suffer from chronic diseases in adulthood (Muslim et al., 2023).

Stunting remains a significant public health challenge in Indonesia. Early nutritional deficiencies can result in stunting, negatively affecting a child's physical and mental development and future well-being (Gaffar et al., 2021). One contributing factor is the lack of maternal knowledge about stunting and poor practices in providing high-quality complementary feeding to infants aged 6–12 months (Dainy et al., 2023). Toddlers are particularly vulnerable to stunting, as adequate nutrition is crucial during this growth period. A lack of proper nutrition can impede growth and lead to stunting (Santi et al.,

2020). Nutritional deficiencies can be observed through measurements such as body length (BH) or height (H) (Hidayat et al., 2022). Stunting prevention requires collaborative efforts from multiple sectors, from improving maternal nutrition during pregnancy to addressing infectious diseases in toddlers (Uyuni & Fahri, 2023). According to Choliq et al. (2020), maternal dietary patterns significantly influence the risk of stunting in children. In other words, what a mother eats greatly affects her child's development. Mothers play a key role in controlling, selecting, and preparing nutritious food for their children. Improving maternal and child nutrition is crucial to achieving the Sustainable Development Goals (SDGs) (Setyorini & Andriyani, 2023).

The Indonesian government is committed to addressing the issue of stunting, targeting a reduction rate of 14% by 2024. To achieve this, a national strategy has been developed that integrates various efforts, including improving nutrition, maternal and child health, sanitation, and overall family well-being (Directorate of Educational Cooperation in Population Affairs, National Population and Family Planning Board [BKKBN], 2022). These efforts also include ensuring access to nutritious food for children, improving family quality of life, and enhancing healthcare services. In accordance with Presidential Regulation No. 72 of 2021 on the Acceleration of Stunting Reduction, the BKKBN has been assigned as the lead implementing agency. This appointment is based on the agency's extensive human resources, including family planning educators and community cadres, as well as its well-integrated community-based programs (Mardiya, 2022).

The Dashat Program (Healthy Kitchen for Addressing Stunting) is one of BKKBN's concrete efforts to tackle stunting in Indonesia. By providing nutritional education and cooking skills and actively involving the community, the program aims to significantly reduce stunting rates (Purnomo et al., 2022). In Banjarmasin City, the Dashat program was officially launched by Mayor H. Ibnu Sina in the North Banjarmasin District on September 6, 2022. According to Mayor Ibnu Sina, the dashat program has been implemented in 31 out of 52 sub-districts in Banjarmasin City, including Antasan Kecil Timur sub-district, located in North Banjarmasin District.

During a field observation in 2023, the head of Antasan Kecil Timur Sub-district stated that their area had recorded the highest number of stunted children among all sub-districts in the North Banjarmasin District, with 14 stunted toddlers. The detailed data collected are in Table 1 (Source: Data from Antasan Kecil Timur Sub-district, 2024).

Table 1 shows fourteen toddlers, the oldest being 59 months old and the youngest 16 months. Ten children fall into the "underweight" category, and four are classified as "severely underweight." Regarding height, eleven are categorized as "short," and three as "very short." This data confirms the continued presence of stunting among toddlers in the area.

The Healthy Kitchen to Overcome Stunting (Dashat) program has been implemented to accelerate stunting reduction efforts in the Antasan Kecil Timur sub-district. This program provides access to healthy food and empowers the community to produce its own nutritious meals. Residents can improve their economic situation by forming business groups while contributing to stunting prevention efforts.

In addition, DASHAT aims to enhance community skills in food processing and marketing healthy food products (Mardiya, 2022). The program specifically targets families with children at risk of stunting. Through intensive mentoring, DASHAT helps parents provide adequate nutritional intake for their children (Pramudita et al., 2024). Good nutrition from an early age is essential for physical growth and brain development. As primary caregivers, mothers play a crucial role in shaping children's dietary patterns. Maternal education also has a significant influence, as educated mothers are more likely to provide better nutrition to their children (Monikasari et al., 2023).

Table 1 Nutritional status of toddlers in antasan kecil timur sub-district in 2023

Posyandu	Date of Measurement	Age (Month)	Weight (kg)	Position	Height/ Length (cm)	BMI	Nutritional Status			
							BB/U	TB/U	BB/TB	IMT/U
Ruhui Rahayu	04/09/2023	59	12.3	H	98	12.8	Underweight	Short	Well-nourished	Well-nourished
Seroja	20/09/2023	51	11.3	H	90	14.0	Severely Underweight	Severely Short	Well-nourished	Well-nourished
Sehat Sejahtera	06/09/2023	51	12.4	H	96	13.5	Underweight	Short	Well-nourished	Well-nourished
Sehat Sejahtera	06/09/2023	44	11.7	H	92	13.8	Underweight	Short	Well-nourished	Well-nourished
Kuntum Sari	21/09/2023	35	10.7	H	88	13.8	Underweight	Short	Well-nourished	Well-nourished
Seroja	20/09/2023	42	11.4	H	91	13.8	Underweight	Short	Well-nourished	Well-nourished
Ruhui Rahayu	04/09/2023	29	10	H	84	14.2	Underweight	Short	Well-nourished	Well-nourished
Suka Jadi	14/09/2023	18	7.6	L	71	15.1	Severely Underweight	Severely Short	Well-nourished	Well-nourished
Sehat Sejahtera	06/09/2023	40	10.3	H	88	13.3	Underweight	Short	Well-nourished	Well-nourished
Sehat Sejahtera	06/09/2023	28	9	L	82	13.6	Severely Underweight	Short	Undernourished	Well-nourished
Sehat Sejahtera	06/09/2023	21	7.7	L	71	15.3	Underweight	Severely Short	Well-nourished	Well-nourished
Sehat Sejahtera	06/09/2023	18	6.8	L	73	12.8	Severely Underweight	Short	Undernourished	Undernourished
Ruhui Rahayu	04/09/2023	22	7.9	L	77	13.3	Underweight	Short	Undernourished	Well-nourished
Seroja	20/09/2023	16	7.7	L	75	13.7	Underweight	Normal	Undernourished	Undernourished

Information:
BB/U: Weight-for-Age;
TB/U: Height-for-Age;
BB/TB: Weight-for-Height;
IMT/U: Body Mass Index-for-Age

The target population of the Dashat group in the Antasan Kecil Timur sub-district comes predominantly from lower-middle-income households**,** where food choices often do not meet nutritional standards. The families in this area face at least two interrelated problems. One of the main barriers to improving community nutrition is low purchasing power**,** which limits access to nutritious food. Additionally, a lack of knowledge and information about nutrition hinders healthy dietary practices, leading to monotonous and less diverse food consumption patterns. Practices such as giving children pocket money to buy their food or feeding babies adult meals further exacerbate nutritional issues.

One effective strategy to reduce stunting rates is to improve nutritional status through education and awareness for pregnant women, nursing mothers, and caregivers of young children (Sahadatilah et al., 2023). Tackling child malnutrition in low-income families requires concerted efforts to educate them about the importance of exclusive breastfeeding and nutritious complementary feeding**.** Both government and community stakeholders must actively participate by providing nutritional information, access to healthcare services, and financial support to underprivileged families. In response to these issues, a community service initiative (*Pengabdian Kepada Masyarakat*-PKM) was carried out by the Public Administration Study Program, Faculty of Social and Political Sciences, Lambung Mangkurat University (ULM)**.** The initiative aimed to support community capacity building through the activity titled: "Empowerment of Healthy Kitchen Groups through the Production of Nuiga (Snakehead Fish Nuggets) to Fulfill Nutritional Needs and Prevent Stunting in Antasan Kecil Timur Sub-district, North Banjarmasin District, Banjarmasin City."

This training is expected to improve the quality of meals prepared by mothers, serving as a nutritious substitute for main dishes or healthy snacks suitable for both children and pregnant or breastfeeding women. Through cooking demonstrations using Nuiga, the Dashat program empowers communities to prepare nutritious menus that help prevent stunting (Purnomo et al., 2022). Moreover, in terms of sustainability, Nuiga has the potential to be developed into a microenterprise for the Dashat community groups.

Based on these considerations, the stunting issue was selected as the focus of the PKM initiative in the Antasan Kecil Timur sub-district in collaboration with the local public health center (Puskesmas)**.** Students from the Public Administration Program, who focused on entrepreneurship, supported the activity and served as the initiators of the Nuiga food innovation**.**

METHODS

The method used in this community service activity is Participatory Action Research (PAR). The activities will be carried out in several stages as follows:

1. Preparation

The steps taken by the team include:

a. Surveying to assess the condition of stunted children in the sub-district.
b. Selecting an appropriate location for the cooking training and obtaining permission from the local head of the sub-district (lurah).
c. Collaborating with local officials and the Healthy Kitchen (Dapur Sehat) management to organize the cooking event.
d. Prepare and gather all the necessary equipment and materials for the cooking training.

2. Implementation

The implementation phase includes several steps:

a. Pre-test activity: The service team distributes questionnaires to measure mothers' understanding of the First 1,000 Days of Life (HPK)**.**

b. The team records their children's health conditions and collects phone numbers for follow-up communication.
c. The team explains the importance of the 1,000 HPK and how to improve children's health during this period.
d. Post-test activity: The team administers another questionnaire to measure the improvement in the mothers' knowledge after the educational session.

3. Program Evaluation and Sustainability

Follow-up monitoring is conducted through *WhatsApp* to evaluate whether mothers have changed their behavior in providing nutritious food to their children. The evaluation also assesses whether the mothers have continued producing Nuiga (snakehead fish nuggets) either in the Healthy Kitchen or their homes.

Antasan Kecil Timur sub-district has provided a Healthy Kitchen facility as the venue for this community service activity. The goal is to educate the community about the importance of balanced nutrition and how to prepare healthy food, thus contributing to stunting prevention efforts. The target audience of this initiative includes the Healthy Kitchen Team, comprising mothers with toddlers and the toddlers themselves. The main focuses of this community service program by the team, students, and the community health center (Puskesmas) are:

a. Encouraging the community to seek solutions and change habits that may lead to stunting.
b. Designing the program to involve collaboration with various stakeholders who play a role in stunting prevention.
c. Ensuring that activities are tailored to meet the needs and expectations of the local community.

Students are expected to provide solutions to community nutrition-related problems and to apply the knowledge they have gained in their studies to assist the community effectively.

RESULTS AND DISCUSSION

This Community Service Activity began with thorough preparation by the team to design the necessary steps. The first stage involved establishing collaboration with community partners, specifically the Healthy Kitchen Group (Dashat) in Antasan Kecil Timur sub-district, Banjarmasin City. The activity was conducted in April 2024. As an initial step, the team, represented by the Community Service Chairperson, Ms. Avela Dewi, and member Anjani, together with the Dashat team and the Public Health Center (*Puskesmas*). They participated in an event introducing healthy and nutritious food organized by the PKK team of the Antasan Kecil Timur sub-district (Figure 1).

Figure 1 The PKM team observed the PKK activities with the dashat group of antasan kecil timur sub-district and the community health center

The team conducted a site assessment to implement the community service activity and had the opportunity to carry it out at the Sub-district Office with the approval of the Head of the Sub-district. The activity was held there to facilitate coordination between the team, the Sub-district officials, and the local Public Health Center (*Puskesmas*) regarding the community service program. This allowed the community service team to coordinate directly with the Dashat team and involve them in the cooking demonstration activity for making *Gabush Fish Nugget* (Nuiga). The preparations for this PkM activity were supported by students who were members of the team and contributed to the idea of developing Nuiga as a nutritious food supplement to support stunting reduction efforts.

The recipe and preparation method for *Gabush Fish Nugget* (Nuiga), presented on a small poster to be distributed to participants, are as follows: Ingredients consist of: (1) 2 kg gabus (snakehead) fish, (2) 6 tablespoons tapioca flour, (3) 3 tablespoons cornstarch, (4) ½ teaspoon baking soda, (5) 3 eggs, (6) 6 cloves garlic, (7) 6 shallots, (8) 1 tablespoon sugar, (9) 1 teaspoon salt, (10) 1 teaspoon ground pepper, (11) ½ teaspoon flavor enhancer, (12) 250 ml cold water, (13) Wheat flour, and (14) Bread crumbs or panko. Preparation Steps consist of: (1) Fillet the gabus fish and remove the small bones, (2) Blend the fish and spices until smooth, (3) Transfer the mixture to a bowl, add tapioca and cornstarch, and mix well, (4) Add the eggs and stir again, (5) Pour the mixture into a greased baking tray and steam for 40 minutes, (6) Let it cool and cut into desired portions, (7) Coat the nuggets in egg, flour, egg again, and finally, bread crumbs, (8) Refrigerate to allow the coating to set, (9) Fry until golden brown, and (10) Drain and serve. Preparation for making nuiga and mixing smooth dough is shown in Figure 2.

(a) (b)

Figure 2 (a) Preparation for making nuiga and (b) Mixing the smooth dough

The production of *Gabush Fish Nugget* (Nuiga) is an initiative developed by Public Administration students participating in the Entrepreneurship Program. The Community Service activity at the Antasan Kecil Timur Sub-district Office was conducted on Thursday, August 8, 2024, at 14:00 WITA (Figure 3). The purpose of this Community Service, implemented through the guidance of the Dashat group with a cooking demonstration using gabus fish as the main ingredient for nugget production, is to enable the Dashat group to assist the local community—especially families with young children—by providing nutritious food alternatives when children exhibit *Gerakan Tutup Mulut* (GTM), or refusal to eat.

Nuiga is made from gabus fish, locally known in Banjarmasin as *ikan haruan*. Ikan haruan is a traditional food rich in protein, and it contains high levels of protein that can support nutritional improvement for children.

Figure 4 Opening by the head of the PkM team and material presentation by Mrs. Mega from Kayutangi Health Center

Before the cooking demonstration, the public health center provided a health education session delivered by Ms. Mega from the Kayu Tangi Puskesmas. This educational session aimed to enhance mothers' understanding—especially those with toddlers—of the nutritional value of gabus fish, emphasizing its high protein content and its benefits in boosting the immune system and fulfilling toddlers' nutritional needs (Rumaseb et al., 2021).

During the counseling session, the DASHAT team enthusiastically listened to the material presented. It was their first time learning in detail about the nutritional contents of *ikan gabus* (snakehead fish). Following the session on the nutritional benefits of *ikan gabus*, the next part of the program was a presentation on the preparation and cooking process of Nuiga, delivered by the student team who pioneered the development of Nuiga. Representing the student team in this Community Service Program was Annisa Rizky Utami, a Public Administration student from FISIP ULM (Figure 4a). The team explained the necessary preparations for making Nuiga, including the tools, ingredients, and step-by-step cooking procedures. Additionally, the team distributed the Nuiga recipe posters to the participants who attended the session (Figure 4b).

(a) **(b)**

Figure 4 (a) Explanation by the student and (b) Nuiga making poster

The participants listened attentively to the explanation of the Nuiga preparation. They showed great enthusiasm during the event, discussing various ways to process *ikan gabus* (snakehead fish) to increase toddlers' appetites. The topics discussed included how to make the fish more appealing to children who dislike vegetables and the shelf life of Nuiga when stored in the refrigerator.

Strengthening sources of protein and iron is one of the most effective household-level strategies to prevent stunting. One of the efforts to ensure the continuous availability of

protein and iron sources is through home-based vegetable gardening and the cultivation of high-protein fish (Azisah et al., 2023). Fish is rich in omega-3 (DHA), which offers various health benefits (Nurapipah & Lestari, 2023). Research by Chaerunnimah et al. (2021) found that *ikan gabus* contains the highest levels of protein and carbohydrates in the F1 formula, making it highly recommended for stunting prevention.

The mentoring process for Nuiga preparation was conducted to train the Dashat team in enhancing their skills to create local food variations that appeal to toddlers, particularly those made from *ikan gabus* (Rumaseb et al., 2021). Utilizing *ikan gabus* as the main ingredient for nuggets can be innovative in diversifying fish-based products. While *ikan gabus* is high in protein, it is low in fiber, requiring fiber-rich ingredients to meet nutritional needs (Sapika et al., 2022). *Ikan gabus* is a type of freshwater fish with high nutritional value, containing up to 25.2 grams of protein per 100 grams of fish (Handayani et al., 2022). Therefore, this activity is expected to help reduce the stunting rate in the Antasan Kecil Timur Sub-district. Additionally, through this community service initiative by the PkM team, the local community is becoming more educated about selecting healthy and nutritious foods to reduce the risk of stunting in the area.

CONCLUSION

The Healthy Kitchen to Overcome Stunting (Dashat) program is one of the government's efforts to address the issue of stunting. This program aims to improve the nutritional quality of the community, particularly for pregnant women and toddlers, by providing nutritious food and food processing training. Antasan Kecil Timur Sub-district has a relatively high stunting rate, indicating an urgent need for nutritional intervention. The Dashat program holds great potential in reducing stunting rates. This program can assist the community in meeting children's nutritional needs by offering nutrition education, food processing training, and providing nutritious food ingredients. Nuiga (snakehead fish nuggets) is one of the innovative solutions introduced in the Dashat program. This food is rich in protein and easily accepted by children, making it a nutritious complement to breast milk. Community involvement, especially among mothers, is crucial to the success of the Dashat program. Mothers can become agents of change within their families through training and support.

CONFLICTS OF INTEREST

The authors declare that there is no conflict of interest.

AUTHOR CONTRIBUTIONS STATEMENT

Conceptualization, TA, AD, and AJ; methodology, AD; formal analysis, EA, WD, AEU, MK, and SF; writing—preparation of the original draft, TA and AJ; and Editing, TA, and AJ.

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