

# HEALTH PROMOTION AND NUTRITION PROGRAM



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## Need

According to the latest National Basic Health Research (Riskesdas 2013), 37.2% of children under the age of 5 are shorter than average for their age, which equals 7.5 million children. Stunting is caused by malnutrition, which may also lead to chronic health problems and decreased mental capacity. Due to a lack of knowledge on healthy food and a low family income, mothers are not able to provide their children with sufficient nutritious meals.

Currently, YUM assists 5 *Posyandus* in the village of Cibadak. This village has a total of 10 *Posyandu*, serving more than 900 babies and children under 5 years old and 700 mothers. YUM would like to continue its health program in the 5 current *Posyandu* and extend its support to serve the 5 others.

## Project

Targeting mothers and their children, this program is conducted in cooperation with local health service posts called *Posyandus*. During the *Posyandu* meetings, mothers are introduced and educated on health related topics such as nutrition, child rearing, hygiene and much more. YUM also delivers nutritious home-cooked meals and fruits to undernourished and malnourished *Balitas* (Children under 5 years old).

Activities that will take place:

- Distribute *Taburia*\* to malnourished and undernourished children
- Provide health education in the local *Posyandus* by quizzes, presentations and informative videos
- Training local volunteers in health education
- Organize cooking classes
- Distribute nutritious supplements and milk
- Continue with health meetings in which children are measured and weighted

\* To combat malnutrition among children and address stunting, the Indonesian Health Ministry in cooperation with the US government under the Millenium Challenge Corporation (MCC), had developed a food supplement, *Taburia*, a multiple micronutrient powder (MNP) for children aged 6 months to 5 years.



## Impact

Approximately 900 babies and children under 5 years old and 700 mothers.

## Funding needed

USD 6,000

## Project objective

- A decrease of under-nourished and malnourished children by at least 50% in a one-year period.
- Increasing the knowledge on nutritious food amongst mothers and the wider community.
- Attract more mothers to visit the *Posyandu* regularly.



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