

**PROGRAM STUDI KESEHATAN MASYARAKAT, FAKULTAS
KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

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Pemberdayaan Kampanye Isi Piringku Dalam Penanganan Stunting

ABSTRAK

Stunting merupakan salah satu masalah gizi yang ditemukan pada anak usia 0-59 bulan yang disebabkan oleh banyak faktor. Berdasarkan studi kasus, terdapat beberapa permasalahan yang dihadapi oleh mitra yaitu Posyandu Melati terkait pencegahan stunting pada anak di antaranya; masih ditemukan balita stunting di Kelurahan Tirta Siak, masih belum optimalnya alat pengukuran status gizi di posyandu, rendahnya kemampuan kader dalam melakukan pengukuran status gizi, masih belum optimalnya konsistensi pengumpulan data dalam *system* pencatatan data anak di Posyandu, rendahnya kualitas data yang diperoleh, belum adanya layanan konsultasi gizi isi piringku, masih rendahnya pemahaman kader tentang kebutuhan gizi anak sesuai isi piringku. Tujuan kegiatan ini adalah untuk meningkatkan keberdayaan mitra dalam permasalahan yang dihadapi. Luaran yang telah dicapai dalam kegiatan ini terdiri dari Publikasi di jurnal pengabdian Masyarakat, Publikasi di Prosiding Seminar Nasional Pengabdian Kepada Masyarakat, Publikasi di media massa elektronik Warta Polri, Video Kegiatan Pengabdian Masyarakat yang dapat diakses di laman youtube, HaKi Produk komputer C- Stunting KeCe, Prototype Digital C- Stunting KeCe.

Kata Kunci : Pemberdayaan, Isi Piringku, Stunting
Daftar Bacaan : 14 (2019-2023)

**PUBLIC HEALTH STUDY PROGRAM, FACULTY OF HEALTH AND
INFORMATICS STATE PAYUNG NEGERI INSTITUTE OF HEALTH
SCIENCE**

Evidence Based Practice, April 2025

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Empowerment of the Isi Piringku Campaign in Handling Stunting

ABSTRACT

Stunting is one of the nutritional problems found in children aged 0-59 months which is caused by many factors. Based on the case study, there are several problems faced by partners, namely Posyandu Melati related to preventing stunting in children, including; stunted toddlers are still found in Tirta Siak Village, the nutritional status measurement tool at the posyandu is still not optimal, the low ability of cadres in measuring nutritional status, the consistency of data collection in the child data recording system at the Posyandu is still not optimal, the low quality of data obtained, the absence of a nutrition consultation service for the contents of isi piringku, the low understanding of cadres about children's nutritional needs according to the contents of isi piringku. The purpose of this activity is to increase the empowerment of partners in the problems faced. The outputs that have been achieved in this activity consist of Publication in the Community Service Journal, Publication in the Proceedings of the National Community Service Seminar, Publication in the electronic mass media Warta Polri, Video of Community Service Activities that can be accessed on the YouTube page, IPR for C-Stunting KeCe computer products, C-Stunting KeCe Digital Prototype..

Keywords : Empowerment, Isi Piringku, Stunting

References : 14 (2019 – 2023)