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FAKULTAS ILMU-ILMU KESEHATAN

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SURAT TUGAS

Nomor: 1133 /F.03.08/2023

Bismillaahirrahmaanirrahiim,

Pimpinan Fakultas Ilmu-Ilmu Kesehatan Universitas Muhammadiyah Prof. DR. HAMKA (FIKES UHAMKA) memberi tugas kepada:

Nama : **Nursyifa Rahma Maulida, M.Gizi**

Tugas : Sebagai narasumber dalam kegiatan implementasi projek dan presentasi final projek

Hari/Tanggal : Rabu dan Jum'at, 1 dan. 3 Maret 2023

Waktu : Pukul 13.00 s.d. 16.00 WIB dan Pukul 13 s.d. 16.00 WIB

Media : Aplikasi Zoom Meeting

Catatan : satu minggu setelah pelaksanaan agar segera memberikan laporan kegiatan secara tertulis kepada pimpinan, dengan mengacu kepada format terlampir.

Demikian surat tugas ini dibuat dan diberikan kepada yang bersangkutan agar dapat dilaksanakan dengan sebaik – baiknya sebagai amanah dan ibadah kepada Allah SWT.

Jakarta, 08 Sya'ban 1444 H
28 Februari 2023 M

Dekan,

Ony Linda, M.Kes
NIDN : 0330107403

Tembusan Yth. :

1. Wakil Dekan II
2. KTU. Up. Kasubag. Keuangan



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Nomor : S- 28 /UN2.F1.MG.13/PDP.01.01/2023
Lampiran : Satu berkas
Perihal : Permohonan izin narasumber

Yth. Ony Linda, SKM., M.Kes
Dekan Fakultas Ilmu-Ilmu Kesehatan UHAMKA
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Sehubungan dengan pelaksanaan modul *Food and Nutrient Intervention* Program Studi Magister Ilmu Gizi Fakultas Kedokteran Universitas Indonesia yang bekerjasama dengan SEAMEO RECFON semester Genap TA 2022/2023, bersama ini dengan hormat kami mohon perkenan Ibu mengizinkan salah satu Staf Ibu yaitu **Nursyifa Rahma Maulida, M.Gizi** untuk hadir sebagai narasumber dalam kegiatan implementasi projek dan presentasi final projek pada:

Hari, tanggal	Waktu	Topik	Media	Keterangan
Rabu, 1 Maret 2023	13.00 – 15.00	<i>Implementation of the FNI intervention plan</i>	<i>Zoom Meeting</i>	<i>Field Work</i>
Jumat, 3 Maret 2023	13.00 – 16.00	<i>Reporting food and nutrient intervention activity</i>	<i>Zoom Meeting</i>	<i>Presentation</i>

Mohon izin kami menyampaikan bahwa Program Studi Magister Ilmu Gizi FKUI akan menyelenggarakan kegiatan perkuliahan secara daring dengan menggunakan *Zoom Meeting*. Perlu kami informasikan pula perkuliahan menggunakan Bahasa Inggris. Selain itu, kami informasikan *link zoom meeting* akan kami berikan melalui *chat WhatsApp* maksimal satu hari sebelum perkuliahan.

Konfirmasi kehadiran, formulir kesediaan mengajar dan formulir izin kesediaan direkam saat perkuliahan dapat dikirimkan melalui email s2s3ilmugizi.fk@ui.ac.id. Demikianlah yang dapat kami sampaikan, atas perhatian dan bantuan Ibu kami ucapkan terima kasih.

Jakarta, 3 Februari 2023
Ketia Program Studi



Dr. dr. Dian Novita Chandra, M.Gizi
NUP100240310261116791

Tembusan Yth :
Penanggung jawab modul *Food and Nutrient Intervention*

POST GRADUATE TRAINING
SEAMEO RECFON Pusat Kajian Gizi Regional Universitas Indonesia
in collaboration with
Study Program in Nutrition, Faculty of Medicine Universitas Indonesia

Food and Nutrient Intervention Course
20 February-06 March 2023

FINAL ASSIGNMENT
IMPLEMENTATION OF SCHOOL-BASED FOOD AND NUTRIENT INTERVENTION
FOR IMPROVING NUTRITION WELLBEING OF ADOLESCENT IN URBAN SETTING

Background

Nutritional problem among adolescents is highlighted by many national and sub-national surveys/studies. In this period, adolescents experience puberty which requires sufficient nutrition intake and good nutrition-related habits to ensure good growth and development as well as learning ability. On the other hand, specific characteristics of adolescents (i.e have high curiosity, demand for independency in choosing what they want/do not want to do and to eat, and highly influenced by friends and surroundings) makes intervention targeting to them is interesting yet challenging.

The school-based approach has been suggested as a strategic approach to reach adolescents effectively. High coverage, high amount of time spent by the adolescents in school, figure of teachers as 'source of information and role model, feasibility to integrate nutrition education into existing school agenda, feasibility to provide opportunities for students to build healthy food-related habits are among the reasons for optimizing role of schools in improving the nutrition wellbeing of the adolescents. Responding to this, SEAMEO RECFON initiated a school-based nutrition program named Nutrition Goes to School (NGTS) in 2016 that emphasizing the role of schools as effective media for character building education that is centered toward good nutritional practices both in school and at home. In order to achieve its goal, the program promote four aspects in its framework, i.e. creating demand towards nutritious foods, ensuring safe and nutritious food supply at school, timely information system and supportive school environment through school policy and management. In Indonesia, NGTS activities are aligned with the current Government's programs such as *Sekolah/Madrasah Sehat* as part of School Health Program, *Sekolah Adiwiyata*, etc.

The challenge in promoting nutrition wellbeing is even more prominent due to Covid-19 pandemic that requires specific adjustment in term of delivery of the intervention since most students follow the school-from-home (SFH) learning scheme, while the need to stay healthy (and practices good dietary habit) is a must. In addition, changes in term of food system and preference during the pandemic is also reported by some studies, particularly in urban setting. Studies found that the changes remain even 'after the pandemic' and the adolescents back to school for face-to-face learning.

Relevant information obtained from the previous courses

Information gathering done in two previous courses has given you necessary information to implement an intervention to improve the nutrition wellbeing of the senior high school students.

During the Nutritional Anthropology Course, the information serves as a situational analysis of the adolescents' nutrition knowledge and practices (including online food delivery practices and opinion), health/nutrition related activities conducted at school before pandemic, influence of environments on the students' food preferences and practices, teachers' opinion on the students' health and nutrition-related practices. School policies during online schooling

In the Health Promotion Course, you have planned a health promotion intervention by gathering additional information (including the home environment) from the adolescents, teachers, and parents to have a better strategy for the intervention both the plan and the implementation. Additionally, you have determined the nutrition problem and the determinants that you will focus on (with the rationale) as well as the objective of the health promotion intervention based on the target audience you are assigned to. With all information, **you have developed the strategies on how you want to make the improvement, how to execute the strategies, and prototype of the education materials that will be using for the intervention.** The strategies should refer to the five key health promotion action areas.

Assignment for the Improving Nutrition Wellbeing of the Adolescents Final Project

IMPLEMENTATION of the INTERVENTION

1. You will be working with the same group members, the same target of intervention (see the detail in the table below)
2. Each group should propose minimally **two potential interventions** to be done, i.e. nutrition education, strengthening school canteen by providing nutrient-dense and healthier foods, school gardening. The proposed interventions should cover **a period of one year with variety activities**, which consider strategies to ensure active participation of the target group.
3. You have learned some nutrition tools commonly used in promoting nutrition in community. **Specify the nutrition tool(s) to be used in your interventions and how you will use them.**
4. The intervention plan should be described and **presented on Tuesday, 28 February 2023**. It should consist of
 - a. Project Title (catchy yet relevant title is preferred)
 - b. Brief rationale of the project
 - c. Objective of the project
 - d. Area of the project
 - e. Target group, inclusion/exclusion criteria (you may have different criteria for different activities)
 - f. Treatment/intervention received by the target group (1 slide to capture all interventions, with the timeline. Additional slides to explain each intervention in more detail)
 - g. Nutrition tools used in the activity and how you will use them
 - h. Strategies to ensure good participation of the target group
 - i. Monitoring and evaluation activities (to know whether the objective is achieved). Describe the variables to be measured, how to measure them, frequency of the measurement
 - j. Human resources, estimated budget and other sources needed

- k. **Planning for an online intervention on Wednesday 01 March 2023 (refer to #5)**
5. Each group should **plan one or more activities to be performed to the target group through virtual meeting, on Wednesday, 01 March 2023.**
 - a. Each group will be given **maximally 45 minutes for the activities** starting from introduction until the closing, including 'before-after assessment' (if your group plan to have such assessment).
 - b. On Wednesday, there will be around 8-10 female and male adolescents, 6-8 teachers and 6-8 parents invited as participants of your intervention (1 group=1 target group).
 - c. Each group should **use the educational materials** that have been developed during the Health Promotion Course (you may also modify them). Should you need to print or buy some materials, you may request for some budget (waiting for confirmation from the Study Program about the maximum amount for each group). **Each group should check the readiness of the materials to be used on the intervention session.**
 - d. Each group will be evaluated by the same evaluators. Clarity of the nutrition messages, 'Interesting', and 'engaging' are the three points of evaluation.
 6. **On Friday 03 March 2023, each group should present the final report** (in ppt),
 - a. The report should consist of **the project description (4a-4k)**, and **results of the implementation of intervention on Wednesday 01 March** (brief description of the process, whether the objective of the activities is achieved, feedback from audiences, things that run well and things that need improvement, lessons learned)
 - b. The intervention plan and the report will be evaluated based on (1)its relevance to the nutrition problem, identified determinants, and target group, (2)innovative and creativity, (3)its feasibility to be done in real setting


Final Assignment Grouping

Will be accordance to the grouping on the Health Promotion in Nutrition Program Course




FOOD & NUTRIENT INTERVENTION COURSE

Master of Nutrition Study Program
Academic Year 2022/2023



FNI PROJECT

GROUP 1	GROUP 2	GROUP 3
Maulana Malik Ibrahim	Andrean Wangsa	Berkah Triatmoko
RR. Dwi Agustine M.	Fadhila Iswi Deandra	Yusinta Andaputri S.
Hanna Yuni S.	Dyah Febriyanti	Astriana Marta Batubara
Chyntia Aryanti M.	Qutratu Ainnur Maksam	Chika Dewi Haliman
Mahsa Fahraj	Milan Dhakal	Yustina Rossa S.
		Dr. Vadhana Cheata



Final Assignment:

Nutrition Intervention for Adolescent Students with #genZehat Report

GROUP 1

- Chyntia Aryanti S.
- Dyah Febriyanti
- Mahsa Faraji
- Maulana Malik Ibrahim
- Qutratu Ainnur Maksum
- Yusinta Andaputri S.




OUR PROJECT



#genZehat

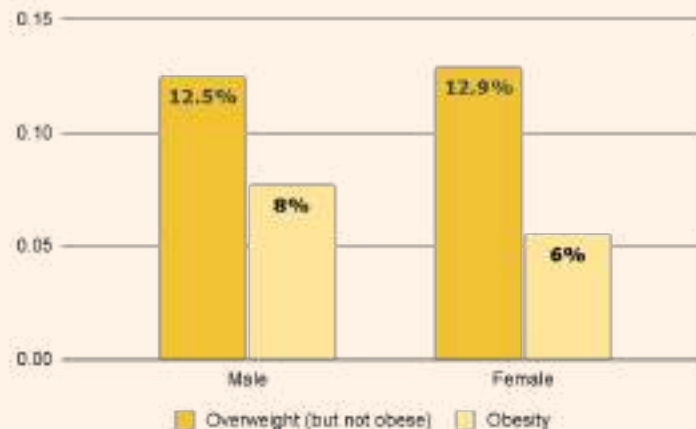
GEN Z ARE EDUCATED WITH
HEALTH AND NUTRITION

powered by 4ever every ne

RATIONALE

- The triple burden of malnutrition affects all age groups including school-aged children and adolescents.
- Adolescent is a transformative life phase, 10-19 year olds gain 20% their final adult height and 50% of adult weight on average.
- Nowadays, they are growing up with rapid urbanisation, climate change, food systems shifting towards foods with an increased caloric and decreased nutritional value, the COVID-19 pandemic and growing socioeconomic inequality.
- There are consequences in changing the contexts that have profound impacts on adolescent nutrition and development.
- Prevalence of overweight (including obesity) in children and adolescents has increased worldwide.
- 1 in 7 adolescents aged 13-18 in Indonesia are overweight or obese.

Prevalence of overweight and obesity among adolescent (aged 10-19 years) in 2019



Norris, S.A., Frongillo, E.A., Black, M.M., Dong, Y., Fall, C., Lampl, M., Liese, A.D., Naguib, M., Prentice, A., Rochat, T., Stephensen, C.B., Tinago, C.B., Ward, K.A., Wrottesley, S.V. & Patton, G.C. 2022, "Nutrition in adolescent growth and development", *The Lancet*, vol. 399, no. 10320, pp. 172-184.

Development Initiatives Poverty Research Ltd. 2020. *Global Nutrition Report: Action on equity to end malnutrition*. Bristol, UK: Development Initiatives. from <https://globalnutritionreport.org/e10879>
Agency of Health Research and Development (Indonesia). 2018. *Indonesia Basic Health Research*. Ministry of Health of Indonesia

SITUATIONAL ANALYSIS

Poor nutritional knowledge

Lunch does not follow
balanced nutritional
recommendation

Consumption of
high-carbohydrate foods

High screen time (>3 hours)
to spent the free time



OBJECTIVES OF THE PROJECT

Goal

To reduce 1% the prevalence of overweight and obesity among adolescents (junior high school) in the urban area in one year.

Specific Objectives

- To increase students knowledge about nutrition and obesity with 80% adolescent in junior high school correctly answered 80% of the questions during the quiz after interactive seminar intervention
- To reduce the consumption of high-carbohydrate foods in 80% of adolescents after one year of developing food formulations in the school canteen
- To increase the physical activity of 80% of adolescents for 30 minutes three times per week after one year of physical activity intervention
- To increase 80% of adolescents to adopt balanced nutrition practices in the lunch menu after one year of intervention

AREA OF THE PROJECT



SMP MUHAMMADIYAH 36 JAKARTA

SMP MUHAMMADIYAH 5 JAKARTA

SMPN 7 CIREBON

TARGET GROUP

inclusion and exclusion criteria



	Inclusion	Exclusion
Interactive Seminar	<ul style="list-style-type: none"> ● The school is in an urban area ● Students from schools used for analysis in the previous module ● Grade 7 and 8 school students ● Student join via laptop 	<ul style="list-style-type: none"> ● Schools that are not willing to join the program
Food Formulation	<ul style="list-style-type: none"> ● Have a school canteen ● Have a lunch together program 	<ul style="list-style-type: none"> ● Schools that are not willing to join the program
Physical Activity	<ul style="list-style-type: none"> ● Have sport class every week ● Have a mobile phone to install the SIPGAR application 	<ul style="list-style-type: none"> ● Schools that are not willing to join the program ● Student have medical issue
Social Media Campaign (Balanced Nutrition Food)	<ul style="list-style-type: none"> ● Have a lunch together program ● Follow social media program ● Have social media accounts 	<ul style="list-style-type: none"> ● Schools that are not willing to join the program

Interactive Seminar

Activities	Time Frame	Materials	Human Resources	Cost
Internal meeting: <ul style="list-style-type: none"> - Determining the concept of the event - Determining the speakers 	February	PPT	Group 1	-
Develop material	February May August	Series #1 Health and nutrition promotion <ul style="list-style-type: none"> ● Video (Belajar Makan Sehat Yuk) ● PPT (Cegah overweight dan Obesitas dengan #genZehat) Series #2 Introducing food formulation <ul style="list-style-type: none"> ● Video (Healthy food from food formulation) ● PPT (the definition of the food formulation and its benefit to meet the nutritional requirements) Series #3 More Dietary Fiber <ul style="list-style-type: none"> ● Video (tutorial cooking high-fiber foods) ● PPT (the concept and benefits of the dietary fibers and why necessary to be in the diet) 	Series #1 <ul style="list-style-type: none"> ● Group 1 Series #2 <ul style="list-style-type: none"> ● Trained teachers Series #3 <ul style="list-style-type: none"> ● Trained teachers 	-

Interactive Seminar

Activities	Time Frame	Materials	Human Resources	Cost
ToT teacher preparation	April	PPT	Group1	<ul style="list-style-type: none"> For incentive teacher in 3 schools
ToT teacher for implementation interactive seminar	May August	PPT	Group 1 and teacher	-
Send invitation to SMPM 5 Jkt, SMPM 36 Jkt, and SMPN 7 Cirebon	February	Invitation letter	Academic Nutrition Department FMUI	-
Implementation	March, May, August			
Pre Test to the participants		Google form for Pre-test	Group 1	-
Delivery material		Video PPT	Group 1	-
Discussion		PPT	Group 1	-
Post Test to the participants		Google form for Post-test	Group 1	<ul style="list-style-type: none"> For top 3 participant in every series

Social Media Campaign

Activities	Time Frame	Materials	Human Resources	Cost
Create social media for the program	February	Email	Group 1	-
Brief explanation to student council	May	PPT and copy brief	Student council	-
Follow-up plan from (add activities) : <ul style="list-style-type: none"> Series #1: Social media campaign on Instagram #FoodEducated Series #2: Social media campaign on Instagram #Healthyfoodformulation Series #3: Social media campaign on Instagram #dietaryfiber 	March May August	Instagram Post (photo/video format)	Group 1 Student council Student council	-
Announce the 3 most liked post and the meals are in accordance with balanced nutrition guidelines	March, May, August	Instagram	Group 1	<ul style="list-style-type: none"> Reward for 3 most liked post in every series

Food Formulation

Activities	Time Frame	Materials	Human Resources	Cost
Food formulation plan, Coordination and Advocacy with stakeholders - Making proposals and letters - Coordination and Advocacy with DEO, DHO, School and Primary Health Care	March	Proposal Letters PPT	Group 1, Head DEO, DHO, and PHC, Headmaster, Teachers	<ul style="list-style-type: none"> Develop Proposal Consumption cost Transportation cost Printing and stationery
Dietary Survey (Intake, Food Suggestion in school canteen, nutrient gap)	April	Form	Group 1, Teachers, Health Workers	<ul style="list-style-type: none"> Honorarium for data collector Transportation cost for data collector Printing and stationery
Food Formulation Preparation and testing	May	Nutrisurvey (LP), Recipe, Food Formulation	Group 1, Teachers Food vendors in school canteen, Primary Health Care	<ul style="list-style-type: none"> Food ingredients cost Food processing cost Food testing cost
Training for sellers in the school canteen	July	PPT Role play	Group 1, Seller, Primary Health Care	<ul style="list-style-type: none"> Consumption cost Transportation cost Printing and stationery
Food Formulation Implementation in school canteen	April - Dec	Recipe Food Formulation Questionnaire	Food Vendors in school canteen, Group 1, Teachers	<ul style="list-style-type: none"> Honorarium for data collector Transportation cost for data collector Printing and stationery
Bazaar	May & August	Food formulation products,	Group 1, school coordinator, sponsors, student council	<ul style="list-style-type: none"> Renting the tent
Briefing the student council	July	PPT & copy brief	Student Council	

Physical Activity Agenda

Activities	Time Frame	Materials	Human Resources	Cost
3D 5K steps in a week				
3D5K step in a week preparation	March	SIPGAR apps	Group 1, Students	
3D5K step in a week implementation	March-November	SIPGAR Application, mobile gadget	Group 1, Students	<ul style="list-style-type: none"> Reward for top three participants
Mini Marathon				
Mini marathon preparation	April & July	PPT	Group 1, Teacher, Student	
Mini Marathon implementation	May & August	competition equipment for mini marathon	Group 1, school coordinators, sponsors, student council	<ul style="list-style-type: none"> Renting the venue Organizers and coordinators fee Reward for top tree participant
Briefing the student council	July	PPT & copy brief	Student Council	
Aerobic Exercise on Sport Subjects				
TOT of the sport teachers	February & July	PPT , Role play, video	Students, sport teachers , Group 1	
Aerobic Exercise on Sport Subjects implementation	March-June & August-November	Music (Senam Gizi Seimbang)	Students, sport teachers	

Dissemination Plan

Strategy	Activities	Time Frame	Materials	Human Resources	Cost
Handover	Transfer program legacy for school participants Transfer knowledge for stakeholders	January 2024	PPT Guide for activities	School Headmaster DEO and DHO Program Director Teacher Student	Rp. 4.000.000
Final Report	Develop and publish one year report	January 2024	Zoom Meetings	School Headmaster DEO and DHO Program Director Teacher	-

HUMAN RESOURCES

Personel	Resource	Roles and responsibilities
Program coordinator	Group 1	Ensure that the overall program is running well, maintain communication with the teachers and the FKUI team.
Seminar coordinator		Responsible for planning the seminar.
Social media coordinator		Ensure that all campaigns align accordingly.
Food formulation coordinator		Responsible for planning the food formulation.
Physical activity coordinator		Responsible to make sure the three activities are running well
Finance Officer		Manage the budget, prepare financial reports, and ensure that all financial transactions are conducted legally and ethically.
Teachers & Headmasters	School	Ensuring that all the students are engaged during the program.
Health workers	PHC	Responsible for monitoring and evaluation the food formulation program.
Head of Education Program Responsible	DEO	Supervise the whole program.
Head of Health Program Responsible	DHO	Supervise the whole program.
Student Council	School	Responsible to engage the students to be involved in the projects as peer influence

ESTIMATED BUDGET

Activities	Detail Activity	Cost
Interactive Seminar		Rp. 3.800.000
ToT teacher preparation	For incentive teacher in 4 schools	@3 teachers in 3 schools, total Rp 2.700.000
Pre-post Test	Reward for top 3 participants in every series	3 series x 3 winner @Rp 100.000
Social media campaign		Rp 900.000
Announcement of the winner	Reward for 3 most liked post and follow the instruction correctly in every series	3 series x 3 winner @Rp 100.000
Physical Activity Agenda		Rp 21.900.000
Announcement of the winner	Reward for top tree participant	@3 student in 3 schools, total Rp 900.000
Mini Marathon implementation	Renting the tent Organizers and coordinators fee Reward for top three participant	2 series x 3 school x Rp. 1.000.000 2 series x 3 school x Rp. 1.000.000 2 series x 3 school x Rp. 1.500.000

ESTIMATED BUDGET

Activities	Detail Activity	Cost
Food Formulation		Rp. 63.500.000
Food formulation plan, Coordination and Advocacy with stakeholders	<ul style="list-style-type: none"> ● Develop Proposal ● Consumption cost ● Transportation cost ● Printing and stationery 	Rp. 1.000.000,- Rp. 500.000,- Rp. 500.000,- Rp. 500.000,-
Dietary Survey (Intake, Food Suggestion in school canteen)	<ul style="list-style-type: none"> ● Honorarium for data collector ● Transportation cost for data collector 4 jt ● Printing and stationery 3 jt 	Rp. 24.000.000,- Rp. 4.000.000,- Rp. 3.000.000,-
Food Formulation Preparation and testing	<ul style="list-style-type: none"> ● Food ingredients cost ● Food processing cost ● Food testing cost 	Rp. 5.000.000,- Rp. 5.000.000,- Rp. 5.000.000,-
Food Formulation Implementation in school canteen	<ul style="list-style-type: none"> ● Honorarium for data collector ● Transportation cost for data collector ● Printing and stationery 	Rp. 5.000.000,- Rp. 5.000.000,- Rp. 5.000.000,-
Training for sellers in the school canteen	<ul style="list-style-type: none"> ● Consumption cost ● Transportation cost ● Printing and stationery 	Rp. 2.000.000,- Rp. 4.000.000,- Rp. 1.000.000,-
Bazaar	<ul style="list-style-type: none"> ● Renting the tent 	Rp. 4.000.000,-

NUTRITION TOOLS

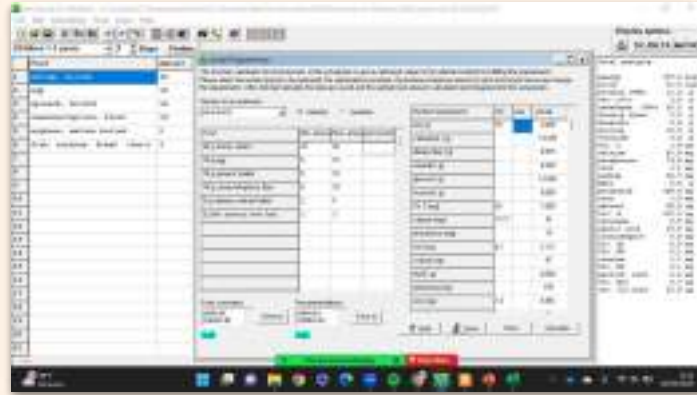


Table of Basic Food Groups as a Source of Carbohydrates

The nutrient content per serving of rice which weighs approximately 100 grams, equivalent with 1 cup are: 175 Calories, 4 grams of protein, and 45 gram carbohydrate

List of food sources of carbohydrates in exchange for 1 (one) portion of rice

Food Name	(LRT)	Gram
Rice noodles	1/2 cup	50
Ebiwal	4 large pieces	42
Haveitulah	8 1/2 big spoons	43
Fresh Corn	3 medium pieces	105
Pudlo	2 medium pieces	218
BIASA Potato	12 pieces	128
cornmeal	18 spoonfuls	59
Makanan	1/2 cup	50
Wet noodle	2 Cup	108
Dry noodle	1 Cup	50
White Rice milled rice	1/4 Cup	50
Red rice milled	3/4 Cup	108
Black rice milled	1/4 Cup	108



STRATEGIES

- Collaborate with DEO, DHO, School and Primary Health Care for project implementation.
- Coordinate with schools PHC every time carrying out activities.
- Involve students participation in activities (optional):
 - Social media campaign on Instagram using hashtag #FoodEducated
 - Social media campaign on Instagram using hashtag #HealthyFoodFormulation
 - Social media campaign on Instagram using hashtag #DietaryFiber
- Ask students to fill the evaluation form after the session
- Ask students to fill the pre- and post-test forms
- Discussion with student
- Ask students to motivate their friends and classmates to join the social media campaign on instagram provided by “Forever 1 for Everyone” NGO
- Collaboration with lunch together program at school
- Handout the food formulation tester
- Use 3 minutes aerobics as warm-up session before PE subject starts

MONITORING

Variables measured	How to measure	Frequency
Attendance in each activity	<ul style="list-style-type: none"> Attendance list Pre and Post Test using the google form filled by students 	All activities Once at the beginning of the Seminar
Social media campaign on Instagram with hashtag #FoodEducated #HealthyFoodFormulation#DietaryFiber #genZehat #Forever1forEveryone	There are min 8 instagram post after seminar	Once, a week after each seminar session
Nutrition knowledge	Pre- and post- test using the google form filled by students 80% of the students have score minimum 80 in the post test	Twice, pre- and post- activity
Availability of food formulation products	<ul style="list-style-type: none"> Questionnaire checklist using the google form by the teachers 100% of the everyday canteen food already involved the food formulation products 100% foods sold in bazaar are food formulation products 	Every week after the food formulation products announced Once, during event
Self report of 3D 5k	Check the track record on SIPGAR Application	Every Sunday
Self report of aerobic exercise	Check upload photo in G-drive	Every week during PE subject

EVALUATION

Process	Instruments	Outcome	Impact
At least 80% of students attend the seminar	<ul style="list-style-type: none"> Attendance list for each activity Questionnaire for knowledge on nutrition, physical activity, and obesity 	<ul style="list-style-type: none"> To increase students knowledge about nutrition and obesity with 80% adolescent in junior high school correctly answered 80% of the questions during the quiz after interactive seminar intervention To reduce the consumption of high-carbohydrate foods in 80% of adolescents after one year of developing food formulations in the school canteen To increase the physical activity of 80% of adolescents for 30 minutes three times per week after one year of physical activity intervention To increase 80% of adolescents to adopt balanced nutrition practices in the lunch menu after one year of intervention 	To reduce 1% the prevalence of overweight and obesity among adolescents (junior high school) in the urban area in one year.
At least 50% of students participate in social media campaigns on instagram	<ul style="list-style-type: none"> List of contestants Number of feed/story shared in the hashtag #FoodEducated #Healthyfoodformulation , and #dietaryfiber 		
Food formulation	<ul style="list-style-type: none"> The rate of the is consumption of the food formulation products by students 		
Physical Activity	<ul style="list-style-type: none"> Attendance list participants for each activity The number of doing 3d5K activities in a week Number of photos of aerobic exercise for each sport class 		



Sustainability

- **Interactive seminar intervention:**
 - ToT for the teacher by delivering the materials by the nutritionists in the PHC
- **Food formulation:**
 - Training for the sellers in the school canteen to sell the healthier food/snacks especially involving the food formulation products
 - Collaborating with the SHB, PHC and DHO to control and prevent the products sell in the school canteen
 - Involve the Student Council to organize activities
- **Physical activity agenda:**
 - ToT for the sport teacher by delivering the materials by the physical activity instructors in the MoE and MoS; therefore, students would be educated and informed at the early of the academic year by them regarding to the regularly physically active independently
 - Involve the Student Council to organize activities
- **Social media campaign:**
 - Involve the Student Council, especially PR and Communication division to actively promote the campaign



Plan for Online Intervention Day

INTERACTIVE SEMINAR

Wednesday, 1 March 2023

RUNDOWN

Time	Duration	Agenda	Method	PIC
14.30-14.35	5 minutes	Registration	Zoom	Committee
14.35-14.40	5 minutes	Opening and introduction	Zoom	MC: Dyah
14.40-14.45	5 minutes	Pre-test	Google Form	Mahsa
14.45-14.47	2 minutes	Video	Video presenting	Share screen: Qutratu, Sinta
14.47-14.52	5 minutes	Delivery of material	PPT presenting	Maulana
14.52-14.55	3 minutes	Physical Activity (Senam Gizi Seimbang)	Video presenting and aerobic	Share screen: Qutratu
14.55-15.05	10 minutes	Discussion	Interactive session and jamboard	MC: Dyah, Guide; Chyntia
15.05-15.10	5 minutes	Post-test	Google Form	Mahsa
15.10-15.15	5 minutes	Closing session (evaluation and campaign)	Padlet, Instagram	MC: Dyah

Detail Activities

Registration, Opening and Introduction

- All participants will be guided to enter the room
- MC will open the session by welcoming the participants and give a brief introduction about the activity/sessions

Pre-Test

- All participants are requested to fill the pre-test through Google Form link to measure their baseline knowledge

Delivery of Material, Physical activity and video

- Deliver the material about overweight and obesity by presenting the PPT titled “Cegah Overweight dan Obesitas dengan #genZehat”
- Next, they will do a 3 minute aerobics
- Video will be presented as one of nutrition education media

Discussion

- All participants will be guided to arrange foods for their plate through jam board

Post test and closing

- All participants are requested to fill the post-test through Google Form link to measure their endline knowledge after seminar session
- The participants are suggested to post their plate for dinner on instagram using some hashtags

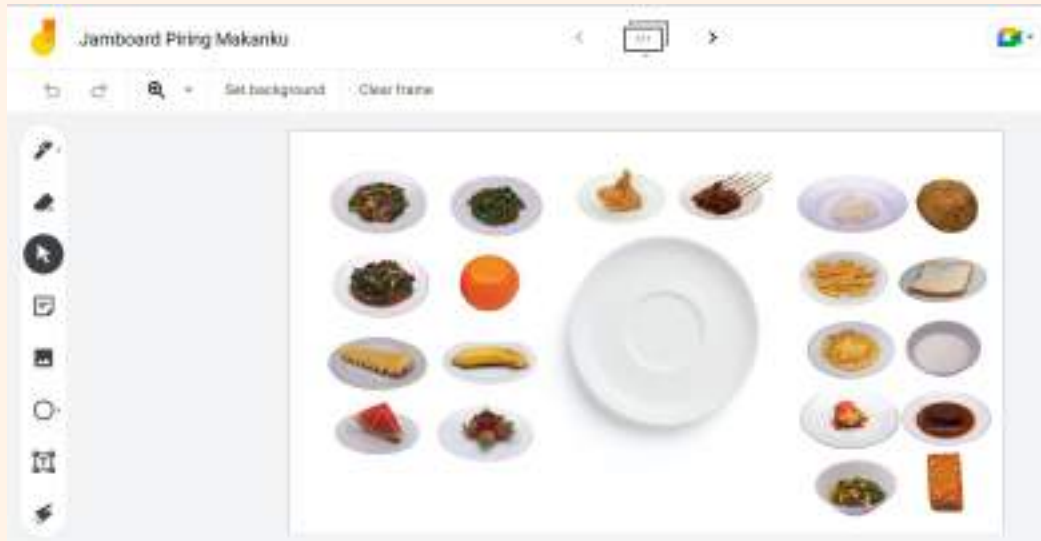
NUTRITION EDUCATION TOOLS (MEDIA)



PPT Prototype for Seminar (Final Assignment)



Video



Meal arrange in Jamboard



Social media post example



PROJECT RESULT

powered by



PROCESS DESCRIPTION

The intervention process started by:

- Filling the pre-test (two of the students missed it as long as they joined with delayed)
- Watching video created by the team based on the schedule
- Delivering the material which involved the participants to shared their opinion regarding to the video and prescription of the “isi piringku” and “gizi seimbang”
- Actively do the physical activity by both of the participants and team based on the schedule
- Interactive discussing about the “isi piringku” and “gizi seimbang” by involving the participants to share their opinion and suggestions to make a plate of meal
- And finalising by post-test (11 students filled the form)

PROCESS DESCRIPTION

Agenda/Duration	45 minutes	60 minutes
Registration	5 minutes	5 minutes
Opening and introduction	5 minutes	3 minutes
Pre-test	5 minutes	8 minutes
Video	2 minutes	3 minutes
Delivery of material	5 minutes	9 minutes
Physical Activity (Senam Gizi Seimbang)	3 minutes	3 minutes
Discussion	10 minutes	17 minutes
Post-test	5 minutes	8 minutes
Closing session (evaluation and campaign)	5 minutes	4 minutes

Evaluation:

The overall timeline takes longer than the schedule one. Other ways to minimise it need to be considered.

Participation Rate:

- One student did not join
- Two students joined late
- 9 students joined on-time

→ **92%** participation rate

DOCUMENTATION





#genZehat
 GEN Z ARE EDUCATED WITH
 HEALTH AND NUTRITION



#genZehat
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 HEALTH AND NUTRITION

Warm Up!



Wrap up!





The pyramid diagram illustrates a balanced diet with the following levels and associated items:

- Level 1 (Top):** 4-5 Servings Vegetables, 4-5 Servings Fruit, 2-3 Servings Protein, 2-3 Servings Grains
- Level 2:** 3-4 Servings Protein, 2-3 Servings Grains, 1-2 Servings Dairy
- Level 3:** 2-3 Servings Protein, 1-2 Servings Dairy, 1-2 Servings Grains
- Level 4:** 1-2 Servings Protein, 1-2 Servings Dairy, 1-2 Servings Grains
- Level 5 (Bottom):** 1-2 Servings Protein, 1-2 Servings Dairy, 1-2 Servings Grains

RESULT OF OBJECTIVES

Attendance

Achieved by 92% students attended the interactive seminar session

Pre- & Post-Test

Not achieved by 55% (5 students from 9 students who joined the pre-test and post-test achieved 80% or above correct answers)

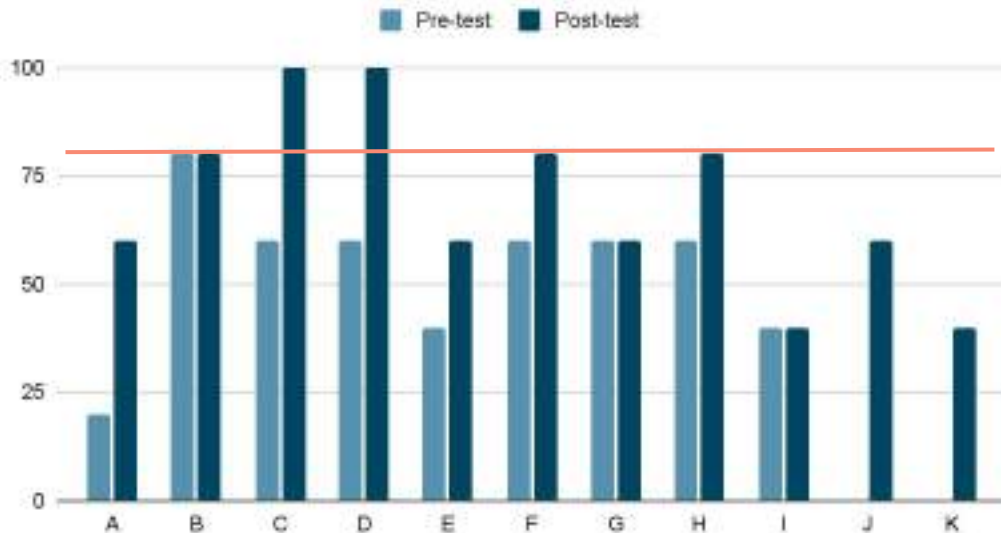
Social Media Campaign

Not achieved due to the miscommunication and only few response from the students (36% of total participated students, the campaign does not run as planned)

RESULT OF OBJECTIVES

Participants	Pre-test	Post-test
AVERAGE	53.3%	69.1%
9 PARTICIPANTS AVERAGE	53.3%	73.3%

Result of Objectives



+ Points

→ there is an improvement between the pre-test and post-test results

- Points

→ 2 students did not join the pre-test as they joined the seminar session later

→ 5 students out of 11 students who filled the post-test already achieved to the target of 80% correct answers; therefore, not 80% of the students reached to the target of 80% correct answer

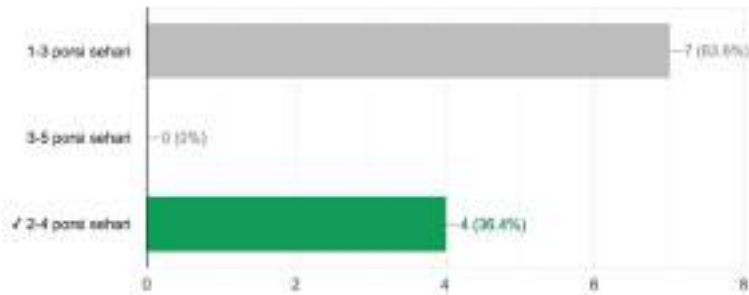
Solution

→ ask students to filled the pre-test before the seminar session starts.

Questions Mostly Answered Incorrectly

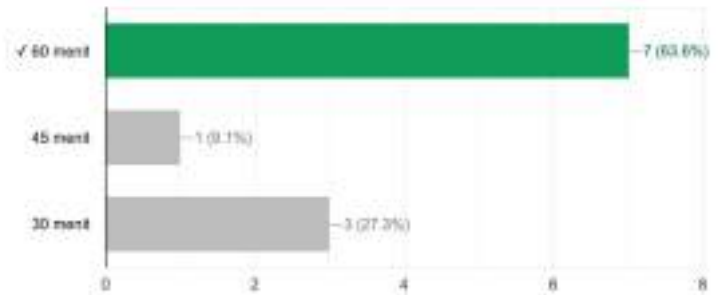
Berapa porsi lauk pauk dalam sehari

4 / 11 correct responses



Berapa lama anjuran durasi aktivitas fisik pada anak-anak dan remaja dalam sehari?

7 / 11 correct responses



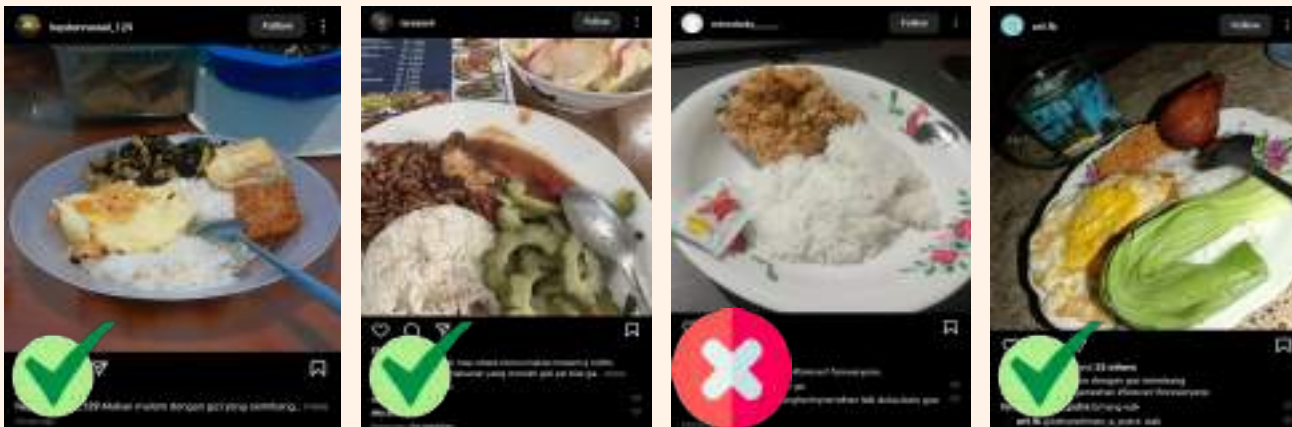
Find solution to solve this issue

Emphasize the portion of protein side-dishes for one day

Emphasize the duration of physical activity for one day in specific target and use one reference to avoid confusion among the students

The target of correct answer is 80%

RESULT OF OBJECTIVES



Social media campaign on
Instagram

There are **36%** of participants who upload their meals after webinar session to Instagram using hashtags. But there is 1 person who was not aligned with the “isi piringku” guideline.

PARTICIPANTS FEEDBACK



- All participants sent their feedback through the evaluation part of the post-test g-form
- The participants said that it was an interesting set of activities and it increased their nutrition knowledge
- Unfortunately it was held after they got home after school making them lose a bit of interest
- Most of them also stated that they prefer to have offline session rather online activity
- One of them said that the activities was not clear enough

Nama sekolah	Berapa Anda tertang seminar hari ini	Komentar Anda tentang seminar hari ini
SMP MSH 38	tidak ada	menyenangkan, seru, menambah ilmu
SMP Muhammadiyah 8	seminar ini sudah cukup baik tidak ada yang kurang	sangat baik
SMP MUHAMMADIYAH	sudah cukup baik seminar hari ini	seru dan asyik
Smpn 7 Kota Cirebon	Waktunya terlalu sore sih, waktu waktu siswa udah pas pulang, semainnya onlinya offline sih, karena kalau online kadang janggannya jelek, sering disconnect off	bagus, unan agak goresk karena dadakan online dan di jam pulang
SMPN 7 kota Cirebon	Waktunya terlalu sore, dan tedakng oleh sinyal, menurut saya masih mending luring untuk supaya lebih baik	Sangat baik dan mengedukasi untuk anak remaja untuk menjaga gizi dengan baik
SMP MUHAMMADIYAH	Tidak ada saran karena sangat sempurna dan saya sgt senang	Sangat tidak menarik bosan semainnya menyenangkan dan menambah pengetahuan
SMP MUHAMMADIYAH	kegiatan yang menarik	not bad, tetapi waktunya terlalu lama hingga kita menunggu sampai sore untuk pulang
SMPN7 CIREBON	maaf, kurangin di waktu saja, ini terlalu lama hingga sore	Sangat baik, saya senang mengikuti kegiatan ini karena sangat mengedukasi remaja tentang pola gizi yg baik
SMPN 7 KOTA CIREBON	Baik, kegiatan ini mengasikan anak anak tentang gizi seimbang	menambah ilmu untuk saya pribadi agar lebih paham tentang gizi dan nutrisi dalam makanan
Smp Muhammadiyah 38	Sudih degus	Komentar seminar hari ini kurang jelas
Smp Muhammadiyah 8	Seminar hari ini lebih baik dadakan langsung	

THINGS RUN WELL

- The sequence of events went well according to plan
- The videos and sounds were played with no constraint
- PPT explained briefly and clearly
- 75% of students who shared their dinner plate already understand “Piring Makanku” based on the Jamboard session

CHALLENGES

- Connection issue
- Time management
- Miscommunication
- Clarity of follow-up plan
- Passive participants
- 36% of the total participants who joined the seminar shared their dinner plate

THINGS TO IMPROVE

- Make sure the connection from both side
- Consider the back-up time for some technical issue that might be faced
- Share the flyer/invitation for students to let them know the activity, prior to the seminar session
- Empathize on the key message for each topic in the training materials
- Increase engagement with the participants by calling their name and request them to jump into the activity
- Clarify the instruction for the follow-up plan and remind participants to upload their meals on social media to spread the balanced nutrition practice
- Share the flyer of the social media campaign to the students to provide the instructors of the hashtag and activity they should do, after the seminar session

LESSONS LEARNED

- To conduct the successful intervention, it is necessary to have the clear and in-depth situational analysis
- The intervention plan must be detailed to achieve the purpose of the activities
- Nutrition education in seminar form can increase student's knowledge related to balanced nutrition and the importance of physical activity
- Involvement of student council might be impactful to keep the project on track
- Seek sustainability of the project with other people in the school such as teachers
- Have a backup plan for each activity to take over the things that might not go according to plan
- Conduct a multiple rehearsal (if possible) and trial session for the tools to be used
- Create a community platform among the students and delivery team might be considered to share and communicate the activities

4ever
every one



THANK YOU

References

- Norris, S.A., Frongillo, E.A., Black, M.M., Dong, Y., Fall, C., Lampl, M., Liese, A.D., Naguib, M., Prentice, A., Rochat, T., Stephensen, C.B., Tinago, C.B., Ward, K.A., Wrottesley, S.V. & Patton, G.C. 2022, "Nutrition in adolescent growth and development", The Lancet, vol. 399, no. 10320, pp. 172-184.
- Development Initiatives Poverty Research Ltd. 2020. Global Nutrition Report: Action on equity to end malnutrition. Bristol, UK: Development Initiatives. from <https://globalnutritionreport.org/e10879>
- Agency of Health Research and Development (Indonesia). 2018. Indonesia Basic Health Research. Ministry of Health of Indonesia



THANK YOU

OUTLINE

1 year

a. Project Title (catchy yet relevant title is preferred)

b. Brief rationale of the project

c. Objective of the project

1 day

d. Area of the project

e. Target group, inclusion/exclusion criteria (you may have different criteria for different activities)

f. Treatment/intervention received by the target group (1 slide to capture all interventions, with the timeline.

Additional slides to explain each intervention in more detail)

g. Nutrition tools used in the activity and how you will use them

h. Strategies to ensure good participation of the target group

i. Monitoring and evaluation activities (to know whether the objective is achieved).

Describe the variables to be measured, how to measure them, frequency of the measurement

j. Human resources, estimated budget and other sources needed

On Friday 03 March 2023, each group should present the final report (in ppt),

- a. The report should consist of the **project description** (4a-4k), and **results of the implementation** of intervention on Wednesday 01 March (**brief description of the process, whether the objective of the activities is achieved, feedback from audiences, things that run well and things that need improvement, lessons learned**)
- b. The intervention plan and the report will be evaluated based on
 - i. its relevance to the nutrition problem, identified determinants, and target group
 - ii. innovative and creativity
 - iii. its feasibility to be done in real setting

OUR LINKS

Narasi video →

https://docs.google.com/document/d/18KoRTDhRR1-KncmlZRTrgRIC3S3_TTy71-3P5ldlpv4/edit?usp=sharing

Link ppt buat seminar hari rabu →

<https://docs.google.com/presentation/d/1Hdgo5llqqXxUqdiN2pdLmBwW11sMRLoe7xTQZyUFjls/edit?usp=sharing>

Link Canva Video →

https://www.canva.com/design/DAFaygGGT1w/kavBRNGe0Tp8qQomj4RaJA/edit?utm_content=DAFaygGGT1w&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

INTERVENTION TIMELINE

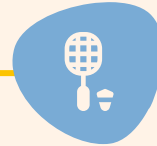
Interactive seminar

FEB 2023



Implementation

FEB 2023



FEB 2023

Food Formulation



JAN 2024

Evaluation



RUNDOWN

Agenda	Expected (45 mins)		In reality (60 mins)	
	Time	Duration	Time	Duration
Registration	14.30-14.35	5 minutes	14.54-14.59	5 minutes
Opening and introduction	14.35-14.40	5 minutes	14.59-15.02	3 minutes
Pre-test	14.40-14.45	5 minutes	15.02-15.10	8 minutes
Video	14.45-14.47	2 minutes	15.10-15.13	3 minutes
Delivery of material	14.47-14.52	5 minutes	15.13-15.22	9 minutes
Physical Activity (Senam Gizi Seimbang)	14.52-14.55	3 minutes	15.22-15.25	3 minutes
Discussion	14.55-15.05	10 minutes	15.25-15.42	17 minutes
Post-test	15.05-15.10	5 minutes	15.42-15.50	8 minutes
Closing session (evaluation and campaign)	15.10-15.15	5 minutes	15.50-15.54	4 minutes

RESULT OF OBJECTIVES

Participants	Pre-test	Post-test
A	1% → 20%	3% → 60%
B	4% → 80%	4% → 80%
C	3% → 60%	5/5 → 100%
D	3% → 60%	5/5 → 100%
E	2% → 40%	3% → 60%
F	3% → 60%	4% → 80%
G	3% → 60%	3% → 60%
H	3% → 60%	4% → 80%
I	2% → 40%	2% → 40%
J	-	3% → 60%
K	-	2% → 40%
AVERAGE	53.3%	69.1%
9 PARTICIPANTS AVERAGE	53.3%	73.3%

+ Points

→ there is an improvement between the pre-test and post-test results

- Points

→ 2 students did not join the pre-test as they joined the seminar session later

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Solution

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FOREVER 1 FOR EVERYONE BY



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