

ABSTRACT

Background: Malnutrition is one of the causes of death in children under five years of age and become one of the most threatening factors for children's lives and health. In the 2019 Bangka Belitung Islands Province Health Office data in Bangka, based on the nutritional status of weight and height index, as many as 8,980 toddlers were measured, there were 0.84% wasting toddlers and in 2020 toddlers with malnutrition were 0.63% of the 28,062 toddlers that were measured. Data recorded in February 2021 showed that from the 27,501 children under five years old who were measured and weighed, there were 1.13% of children were underweight and 0.64% with malnutrition. The Community Health center (Puskesmas) has run nutrition improvement programs, including providing additional food, promoting health and health services, nutrition counseling, and being active in the Kampung KB (Family Planning) program which is one form of community empowerment and other cross-sectoral roles. **Objectives:** To find actors from both the Provincial/District/Village/Health Care Centre (Puskesmas) Governments as well as the community who care and are able to bring about change in health programs that aim to overcome the problem of malnutrition, to find daily activities in society that are considered to be obstacles in a healthy living culture, examine the role of community empowerment and health workers as well as the impact of empowerment toward the nutritional status of toddlers (children under five years old) in Air Anyir Village. **Methods:** Case study with a single case design type embedded (embedded). Data collection by in-depth interviews with twelve informants. Data analysis with data transcripts, presentation and draw the conclusions. **Results:** This study showed, there was the involvement of the Regional Head actor to the lowest level, namely the Village Government. Health cadres, family planning counselors, TP PKK and health workers that had implemented the program in coping the problem of undernourished toddlers in Air Anyir Village in the shade of Kampung KB(Family Program) well and had received support from all levels of society, although there were still habits in the community where mothers of toddlers who familiarized their children with snacks and community habits such as smoking in the house. In this study, it was confirmed that the role of community empowerment and the role of health workers in Kampung KB affected the nutritional status of the people in Air Anyir Village with the evidence in the nutrition data of Baturusa Health Center that there was a decrease in cases of undernourished toddlers in Air Anyir Village in 2020, there were six children under five with percentage 2.8% of malnutrition. In 2021 there were four malnourished children under five with a percentage of 1.8%. **Conclusion:** The empowerment program in Kampung KB was running well, however support from the District Government and multi-sectoral coordination need to be improved. In the implementation of empowering the role of the community and health workers, they have shown good cooperation and the activeness of cadres in facilitating posyandu (Integrated Services Post) in the society become a good strategy that has been implemented between communities and health workers.

Keywords: Malnutrition, Community Empowerment, Health Workers, Kampung KB (Family Planning Village Program).

ABSTRAK

Latar Belakang: Malnutrisi merupakan salah satu penyebab kematian pada anak usia dibawah 5 tahun dan menjadi salah satu faktor yang sangat mengancam kehidupan dan kesehatan anak. Berdasarkan data Dinas Kesehatan Provinsi Kepulauan Bangka Belitung 2019 di Bangka berdasarkan status gizi indeks BB/TB sebanyak 8.980 balita yang diukur terdapat balita wasting 0,84% dan pada tahun 2020 balita dengan gizi kurang 0,63% dari 28.062 balita yang diukur, Data yang direkap npada bulan Februari tahun 2021 menunjukkan dari 27.501 balita yang diukur dan ditimbang terdapat 1,13% balita dengan berat badan kurang dan 0,64% balita dengan gizi kurang. Puskesmas sudah melakukan program perbaikan gizi antara lain pemberian makanan tambahan, promosi kesehatan dan pelayanan kesehatan, konseling gizi dan aktif dalam program Kampung KB yang merupakan salah satu wujud peran pemberdayaan masyarakat dan lintas sektor lainnya.

Tujuan: Menemukan aktor baik dari Pemerintah Provinsi/ Kabupaten/Desa/ Puskesmas maupun masyarakat yang peduli dan mampu membawa perubahan pada program kesehatan yang bertujuan untuk mengatasi masalah malnutrisi, menemukan kegiatan dimasyarakat sehari-hari yang dianggap menghambat dalam budaya hidup sehat, mengkaji peran pemberdayaan masyarakat dan tenaga kesehatan serta dampak pemberdayaan terhadap status gizi balita di Desa Air Anyir.

Metode: Study kasus dengan tipe desain kasus tunggal terjalain (embedded). Pengumpulan data dengan wawancara mendalam kepada 12 informan. Analisa data dengan transkrip data, penyajian dan membuat kesimpulan.

Hasil: Penelitian ini menunjukkan adanya keterlibatan aktor Kepala Daerah sampai level paling bawah yaitu Pemerintah Desa. Kader kesehatan, penyuluh kb, TP PKK dan petugas kesehatan sudah melaksanakan program kegiatan dalam menanggulangi masalah balita gizi kurang yang ada di Desa Air Anyir dalam wadah Kampung KB dengan baik dan mendapat dukungan segenap lapisan masyarakat, walaupun masih ditemukan kebiasaan di masyarakat dimana ibu balita yang membiasakan anaknya jajan dan kebiasaan masyarakat seperti merokok di dalam rumah. Dalam penelitian ini membenarkan bahwa peran pemberdayaan masyarakat dan peran petugas kesehatan di Kampung KB mempengaruhi status gizi masyarakat Desa Air Anyir dengan dibuktikannya pada data gizi Puskesmas Baturusa adanya penurunan kasus balita gizi kurang di Desa Air Anyir ditahun 2020 yaitu balita gizi kurang ada 6 anak dengan persentase 2,8%, di tahun 2021 balita gizi kurang ada 4 anak dengan persentase 1,8%.

Kesimpulan: Program pemberdayaan yang ada di Kampung KB berjalan dengan baik, namun dukungan dari Pemerintah Kabupaten dan koordinasi multi sektor perlu ditingkatkan Dalam pelaksanaan pemberdayaan peran masyarakat dan petugas kesehatan sudah menunjukan kerja sama yang baik dan keaktifan kader dalam memfasilitasi posyandu dimasyarakat menjadi sebuah strategis yang baik yang telah dijalankan antara masyarakat desa dengan petugas kesehatan.

Kata Kunci: Malnutrisi,, Pemberdayaan masyarakat, Tenaga kesehatan, Kampung KB.