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LIST OF ABBREVIATIONS

IR	Implementation Research
WHO	World Health Organization
WIFA	Weekly Iron-Folic Acid
WIFS	Weekly Iron-Folic Acid Supplementation
IFA	Iron Folic Acid
MoH	Ministry of Health
SBCC	Social Behavior Change Communication
UKS/M	Usaha Kesehatan Sekolah/ Madrasah
MoE	Ministry of Education
MoRA	Ministry of Religious Affairs
MoHA	Ministry of Home Affairs
DALYs	Disability Adjusted Life Years
PSAT	Program Sustainability Assessment Tool
EDO	Education District Office
DHO	District Health Office
DRAO	District Religious Affairs Office
PMR	Palang Merah Remaja

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ABSTRACT

Background: Indonesia has recently shown political commitment and taken numerous actions to close the malnutrition gap. Despite some progress, the nation is still far from meeting the majority of the world's nutrition targets and is dealing with the triple burden of malnutrition across all age groups, which includes stunting, wasting, micronutrient deficiencies that frequently manifest as anemia, and overweight or obesity. In Indonesia the WIFA supplementation program began since 2016 and still on going. Ministry of Health (MoH) had targeted to supply WIFA tablets up to 20% of school going adolescent girls and gradually to be increased up to 30% in 2019 (MoH, 2016). Furthermore, the existing programs tend to be carried out by a specific government health department or implementing agency but without adequate multisectoral coordination.

Objectives: To assess and explore the factors that influence sustainability of school-based adolescent nutrition intervention program in different level.

Method: A qualitative exploratory study using purposive and simple random sampling methods was conducted by utilizing two data collecting methods. Three district stakeholders were identified as Aksi Bergizi program stakeholders since its piloting, which are the district health office, the education district office and the district religion affairs office. There was total 32 key informant interviews from the stakeholders, while four focus group discussions were conducted between puskesmas staff, headmaster and teachers as implementers in school as well as students as beneficiaries.

Result: The study results identified factors that may influence sustainability at different level and these are; lack of leadership and coordination, emphasis on program implementation, program ownership, stakeholder commitment, program integration, planning strategies, policy availability, mentorship, lack of monitoring and evaluation, champion knowledge to deliver the program, motivation and incentives, program priority, and also funding support to implement the program.

Conclusion: Stakeholders and program implementers at all levels should understand these factors that exist and influence continuing implementation because of a lack of leadership and coordination among the stakeholders, and many of the school-based interventions are less prioritized due to a lack of budget allocation and resources to coordinate the implementation. Therefore, school-based adolescent nutrition program should be extended to existing nutrition program interventions by utilizing Puskesmas and resource sharing to improve malnutrition indicators.

Keywords: school-based adolescent nutrition program, anemia, implementation research, sustainability, malnutrition

ABSTRAK

Latar Belakang: Indonesia baru-baru ini menunjukkan komitmen politik dan mengambil berbagai tindakan untuk menutup kesenjangan malnutrisi. Meskipun ada beberapa kemajuan, negara ini masih jauh dari pencapaian sebagian besar target gizi dunia dan sedang menghadapi tiga beban gizi di semua kelompok umur, termasuk stunting, wasting, kekurangan mikronutrien yang sering muncul sebagai anemia, dan kelebihan berat badan atau obesitas. Di Indonesia, program suplementasi WIFA dimulai sejak tahun 2016 dan masih berlangsung hingga saat ini. Kementerian Kesehatan (Kemenkes) menargetkan untuk menyediakan tablet WIFA hingga 20% dari remaja perempuan yang bersekolah dan secara bertahap meningkat hingga 30% pada tahun 2019 (Kemenkes, 2016). Selain itu, program yang ada cenderung dilaksanakan oleh departemen kesehatan pemerintah atau lembaga pelaksana tertentu tanpa koordinasi multisektoral yang memadai.

Tujuan: Untuk menilai dan mengeksplorasi faktor-faktor yang mempengaruhi keberlanjutan program intervensi gizi berbasis sekolah pada remaja di berbagai tingkatan.

Metode: Sebuah studi eksploratif kualitatif menggunakan metode purposive dan simple random sampling dilakukan dengan memanfaatkan dua metode pengumpulan data. Tiga pemangku kepentingan tingkat kabupaten diidentifikasi sebagai pemangku kepentingan program Aksi Bergizi sejak tahap percontohan, yaitu dinas kesehatan kabupaten, dinas pendidikan kabupaten, dan kantor urusan agama kabupaten. Terdapat total 32 wawancara informan kunci dari para pemangku kepentingan, sementara empat diskusi kelompok terarah dilakukan antara staf puskesmas, kepala sekolah dan guru sebagai pelaksana di sekolah serta siswa sebagai penerima manfaat.

Hasil: Hasil studi mengidentifikasi faktor-faktor yang dapat mempengaruhi keberlanjutan di berbagai tingkatan, yaitu kurangnya kepemimpinan dan koordinasi, penekanan pada pelaksanaan program, kepemilikan program, komitmen pemangku kepentingan, integrasi program, strategi perencanaan, ketersediaan kebijakan, pembinaan, kurangnya pemantauan dan evaluasi, pengetahuan pelaksana program, motivasi dan insentif, prioritas program, serta dukungan pendanaan untuk melaksanakan program.

Kesimpulan: Pemangku kepentingan dan pelaksana program di semua tingkatan harus memahami faktor-faktor ini yang ada dan mempengaruhi kelanjutan pelaksanaan karena kurangnya kepemimpinan dan koordinasi di antara pemangku kepentingan, dan banyak intervensi berbasis sekolah kurang diprioritaskan karena kurangnya alokasi anggaran dan sumber daya untuk mengoordinasikan pelaksanaan. Oleh karena itu, program gizi remaja berbasis sekolah harus diperluas ke intervensi program gizi yang ada dengan memanfaatkan Puskesmas dan berbagi sumber daya untuk meningkatkan indikator gizi.

Kata Kunci: program gizi remaja berbasis sekolah, anemia, penelitian implementasi, keberlanjutan, malnutrisi.