



ABSTRAK

Latar Belakang: Prevalensi berat badan lebih pada remaja Indonesia usia 13-15 tahun mencapai 16%, dengan 4% mengalami obesitas. Untuk menangani masalah ini, WHO mengembangkan pendekatan *Health Promoting School* (HPS) yang menekankan pentingnya gaya hidup sehat di lingkungan sekolah (WHO, 2021). Pemerintah Indonesia juga telah menginisiasi Program Sekolah Sehat sebagai salah satu upaya strategis. SMPN 5 Depok telah menerapkan program tersebut. Namun, belum dilakukan evaluasi khusus mengenai efektivitas program tersebut.

Tujuan: Mengevaluasi Program Sekolah Sehat di SMPN 5 Depok Sleman Yogyakarta dengan menggunakan kerangka kerja RE-AIM

Metode: Penelitian ini merupakan studi kualitatif deskriptif dengan teknik pengumpulan data melalui FGD, wawancara mendalam, observasi dan telaah dokumen. Informan dipilih secara *purposive sampling* berjumlah 31 orang. Validitas data dijaga melalui triangulasi, *member checking*, dan *peer debriefing*. Analisis data menggunakan *Software Atlas Ti 25*.

Hasil: Program Sekolah Sehat di SMPN 5 Depok telah menjangkau siswa, guru, dan kader kesehatan secara luas, namun masih perlu penguatan regenerasi kader dan identitas program. Secara efektivitas, kegiatan seperti PPST dan MBG memberikan dampak positif terhadap perilaku hidup sehat siswa. Adopsi program didukung dengan kebijakan sekolah, namun belum terintegrasi sistematis dalam tata kelola. Implementasi berjalan baik melalui kolaborasi lintas sektor, tetapi kendala ditemukan pada fasilitas Cuci tangan Pakai Sabun (CTPS) dan dokumentasi. Pemeliharaan program didukung oleh pendampingan puskesmas, meskipun belum didukung oleh regulasi teknis yang komprehensif.

Kesimpulan: Program Sekolah Sehat di SMPN 5 Depok memiliki potensi besar dalam membentuk budaya hidup sehat di sekolah melalui keterlibatan berbagai pihak dan kolaborasi lintas sektor. Namun, untuk memastikan keberlanjutan dan dampak jangka panjang, perlu diperkuat dengan regulasi, fasilitas, kaderisasi, dan integrasi kebijakan.

Kata kunci: Evaluasi program, RE-AIM, Program Sekolah Sehat



ABSTRACT

Background: The prevalence of overweight among Indonesian adolescents aged 13–15 years has reached 16%, with 4% classified as obese. To address this issue, the World Health Organization (WHO) developed the Health Promoting School (HPS) approach, emphasizing the importance of fostering healthy lifestyles within the school environment (WHO, 2021). The Indonesian government has also initiated the School Health Program as a strategic intervention. SMPN 5 Depok is one of the schools implementing this program. However, a specific evaluation of its effectiveness has not yet been conducted.

Objective: This study aims to evaluate the implementation of the School Health Program at SMPN 5 Depok, Sleman, Yogyakarta using the RE-AIM framework.

Method: This is a descriptive qualitative study using focus group discussions, in-depth interviews, observations, and document reviews. A total of 31 informants were selected through purposive sampling. Data validity was ensured through triangulation, member checking, and peer debriefing. Data analysis was performed using Atlas Ti 25 software.

Results: The School Health Program at SMPN 5 Depok has reached a wide range of participants including students, teachers, and health cadres. However, strengthening the regeneration of cadres and the program's identity is still needed. In terms of effectiveness, activities such as PPST and MBG have shown a positive impact on students' healthy behaviors. While the program has been adopted through school policy support, it has not yet been fully integrated into school governance. The implementation has progressed through multisectoral collaboration, although challenges remain in handwashing facilities and documentation. Program maintenance is supported by regular mentoring from the local health center, yet lacks comprehensive technical regulations.

Conclusion: The School Health Program at SMPN 5 Depok holds strong potential to foster a healthy school culture through stakeholder involvement and cross-sector collaboration. However, sustainability and long-term impact require reinforcement through regulations, facilities, cadre development, and policy integration.

Keywords: Program evaluation, RE-AIM, Health Promoting School