

ABSTRAK

Latar Belakang: Pendidikan gizi memiliki peran penting dalam meningkatkan kesehatan masyarakat Papua. Namun, praktik makan sehat masih terkendala oleh budaya lokal, tabu, serta informasi keliru yang membuat ibu hamil dan ibu balita kurang percaya diri untuk bertanya kepada petugas kesehatan. Oleh karena itu, diperlukan media edukasi gizi yang relevan dengan konteks budaya lokal dan mudah dipahami masyarakat. **Tujuan:** Penelitian ini bertujuan mengembangkan materi edukasi gizi berbasis pengalaman petugas gizi dan tenaga kesehatan lain di Puskesmas Samkai Merauke. **Metode:** Penelitian menggunakan pendekatan Participatory Action Research (PAR) dengan melibatkan tenaga kesehatan puskesmas secara aktif dalam setiap tahap, mulai dari identifikasi masalah, pengembangan media, hingga evaluasi hasil. Data dikumpulkan melalui kuesioner, diskusi kelompok terarah (FGD), dan wawancara mendalam. **Hasil:** Hasil penelitian menunjukkan bahwa poster gizi Kemenkes dinilai cukup baik, tetapi kurang menarik dan sulit dipahami oleh anak maupun ibu balita. Sebaliknya, poster hasil pengembangan penelitian dinilai seluruh responden lebih bermanfaat, relevan dengan budaya lokal, mudah dipahami, serta meningkatkan kepercayaan diri petugas kesehatan dan kader dalam memberikan edukasi. Keterlibatan ibu balita dalam pembuatan poster turut meningkatkan penerimaan masyarakat. Hambatan yang muncul antara lain keterbatasan pendanaan dan penyesuaian waktu pelaksanaan. **Kesimpulan:** Media edukasi gizi berbasis pengalaman tenaga kesehatan lebih sesuai dengan kebutuhan lokal dan berpotensi mendukung perubahan perilaku gizi berkelanjutan di Papua.

Kata Kunci: Pendidikan gizi; tabu makanan; poster edukasi; participatory action research

ABSTRACT

Background: Nutrition education plays an important role in improving the health of the Papuan community. However, healthy eating practices are still hampered by local culture, taboos, and misinformation, which make pregnant women and mothers of young children less confident about asking health workers questions. Therefore, nutrition education media that is relevant to the local cultural context and easily understood by the community is needed. **Objective:** This study aims to develop nutrition education materials based on the experiences of nutritionists and other health workers at the Samkai Merauke Community Health Center. **Method:** The study used a Participatory Action Research (PAR) approach, actively involving community health center staff in every stage, from problem identification and media development to evaluation of results. Data were collected through questionnaires, focus group discussions (FGDs), and in-depth interviews. **Results:** The results of the study show that the Ministry of Health's nutrition posters are considered quite good, but they are not very attractive and are difficult for children and mothers of toddlers to understand. In contrast, all respondents rated the posters developed through the research as more useful, relevant to the local culture, easy to understand, and effective in boosting the confidence of health workers and cadres in providing education. The involvement of mothers of toddlers in the poster development process also increased community acceptance. Obstacles encountered included limited funding and scheduling adjustments. **Conclusion:** Nutrition education media based on the experiences of health workers is more suited to local needs and has the potential to support sustainable nutritional behavior change in Papua.

Keywords: Nutrition education; food taboos; educational posters; participatory action research