

Food Safety Education for Pregnant and Breastfeeding Mothers, Toddlers, Adolescents, and the Elderly

Ainun Muthoharoh¹, Herni Rejeki¹, Dwi Bagus Pambudi¹, Siti Khuzaiyah¹, and Mahdanya Puteri A.B¹

¹ Universitas Muhammadiyah Pekajangan Pekalongan, Indonesia

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ABSTRACT

Quality food products, halal, free from microbial and chemical contamination, and containing harmless ingredients are the criteria for food products that are suitable for consumption. Especially the use of food products for pregnant and lactating mothers, toddlers, and the elderly must be products that should not be careless. This food safety information can be obtained through education provided in community service activities. Community service activities are carried out by religious leaders and influential community leaders, namely PKK cadres in Ketintang Lor Village, Bojong District, PKK cadres in Sabarwangi Village, Kajen District, Aisyiyah Regional Leaders (PDA) Pekalongan Regency, Nasyyatul Aisyiyah Regional Leaders (PDNA) Pekalongan Regency. This activity is expected to provide an overview and knowledge about the safety of food products for pregnant and lactating mothers, toddlers, children, adolescents and the elderly. The implementation method used is to conduct Communication, Information, and Education (KIE) counseling with the lecture method and discussion. Assessment of knowledge improvement by giving pretest and posttest questionnaires. This activity provides an overview for participants to be able to inform pregnant, lactating mothers, foster parents of infants and adolescents, and the elderly to consume safe and healthy food. Participants are interested and cooperative in participating in the activities. The results of the activity showed an increase in knowledge of 3.21%.

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* Corresponding Author.
ainun.muthoharoh@gmail.com (Ainun Muthoharoh)

INTRODUCTION

Security Food is a basic requirement for the production of a food product (Mamuaja, 2016) . The issue of food safety is one of the annual programs of the Pekalongan District Health Office and was implemented in 2020 (Muthoharoh *et al.* , 2021) .

Pregnant women need to ensure food consumed is healthy and safe. Balanced nutrition is beneficial for himself and the fetus he contains (Mardiana Ramdan and Novitriani, 2020). Mother pregnant require more nutrients than the non- pregnant state. Nutrients are needed by the fetus and milk production (Ernawati *et al.* , 2019).

Growth process in toddlers is strongly influenced by the right diet. Growth delay in toddlers is caused by the intake of nutrients from daily food in less quantities. Toddlers need more food that produces a complete nutritional source of energy in smaller amounts (Amrillah, 2020). The purpose of this activity is to provide provisions for participants who come from religious leaders and community leaders to be able to transfer the knowledge gained so that people can wisely choose good, healthy, and legal food.

LITERATURE REVIEW

Food is a basic need for humans to survive. Energy is needed for the continuity of life processes. Humans need food that comes from food with nutritional content. Foodstuffs are consumed in processed form. The processing must be carried out properly (Mamuaja, 2016) .

The main ingredients in food are protein, water, vitamins, fats, carbohydrates, and minerals. Safe food is defined as food that is free from harmful components or organisms that cause poisoning or cause disease. Healthy and safe food is a factor to improve people's health status (Mamuaja, 2016).

MATERIALS AND METHODS

The implementation method is carried out by conducting communication, information, and education counseling using the lecture method and discussion. Assessment of knowledge improvement by giving pretest and posttest questionnaires. The materials discussed include food safety for pregnant women, infants, toddlers, children, adolescents, the elderly, and regulations related to food safety. The activity was held on November 17th, 2021 at the PPNI Kajen Building, Pekalongan Regency. Religious leaders or community shops invited to be participants were PKK Ketitang Lor cadres, PKK Sabarwangi Kajen cadres, PDA Pekalongan Regency, and PDNA Pekalongan Regency.

RESULTS AND DISCUSSION

Service activities have been carried out for PKK Ketitang Lor cadres, PKK Sabarwangi Kajen cadres, PDA Pekalongan Regency, and PDNA Pekalongan Regency. This activity aims to be able to provide an overview and knowledge about the safety of food products for pregnant and lactating mothers, toddlers, children, adolescents and the elderly. This effort is made so that the public understands the right food safety for pregnant and lactating mothers, toddlers, children, adolescents and the elderly. The implementation of activities is presented in Figures 1 and 2.



Figure 1.
Food safety education.



Figure 2.
Discussion Session.

1. Food Safety for Pregnant Women, Babies, Toddlers, and Children

The quality or nutritional quality and completeness of nutrients are influenced by the variety of food consumed by pregnant women. The more diverse types of food consumed, the easier it is to meet nutritional needs, the easier it is for the body to obtain various substances that are beneficial to health. Balanced nutrition for Pregnant women are very necessary to maintain and maintain the health of pregnant women and the fetus they contain (Mardiana Ramdan and Novitriani, 2020). Pregnant women should eat a balanced diet (Sitanggang and Nasution, 2013). Safe food will determine the health of the fetus and child in the future.

2. Food Safety in Teenagers

Adolescents who feel they are overweight and are not satisfied with their body shape will have an impact on unhealthy eating behavior, and lead to poor nutritional status (Normate *et al.* , 2017). The behavior of consuming unhealthy snacks can cause diarrhea. The habit of children not having breakfast at home and pocket money given by their parents is one of the triggers for unhealthy snacking behavior (Dyna, 2018).

Nutrition during adolescence is very important for growth. The food consumed should contain a variety of nutrients (Purnama, 2019). The role of community leaders can provide information to parents who have teenage children to pay attention to the food consumed.

3. Food Security for the Elderly

Aging is a process that occurs when a person experiences physical, mental, and social setbacks. Changes that occur appear in the appearance of the face, hands, skin, nervous system, brain, heart, five senses function, and motor abilities such as reduced speed when learning new skills (Uny *et al.* , 2015).

In the elderly, have a risk of developing hypertension. This is due to changes in the structure of the blood vessels. A good lifestyle can reduce the risk of hypertension (Adam, 2019) .

An understanding of the need to regulate a healthy diet, regulate regular physical activity, utilize the posyandu program will make the elderly have healthy living behaviors (Pinilih and Kamal, 2020) .

4. Food Safety Regulation

Regulations governing food safety are contained in Law no. 36 of 2009 concerning health , Law no. 18 of 2012 on food, PP 69 of 99 on food labels and advertisements, PP 28 of 2004 on food safety, quality and nutrition, Law no. 8 of 99 concerning consumer protection .

Processed food which is traded in retail packaging before being circulated , must have a registration approval letter (based on the results of the safety, quality and nutrition assessment of the processed food) . Processed food produced by the home industry is required to have an IRT food production certificate . People should choose packaged food that already has a permit.

5. Knowledge Improvement Evaluation

Respondents' knowledge about the safety of food products for pregnant and lactating mothers, toddlers, children, adolescents and the elderly from changes in scores for filling out *pretest* and *posttest questionnaires*. The questionnaire consists of 9 (nine) statements with a choice of true or false answers which are presented in Table 1. In Table 1, it can be seen that the changes in knowledge increase in the statements of questionnaires number 1, 4, and 7 by 5.13%, 2.56%, and 28,20 %. The average increase in respondents' knowledge is 3.21%. This activity can be concluded that the participants are interested and cooperative in participating in community service activities with the theme of food product safety for pregnant and lactating mothers, toddlers, children, adolescents and the elderly. Changes in respondents' knowledge with the *pretest* and *posttest methods*, as shown in Table 1.

CONCLUSION AND RECOMMENDATION

Community service activities carried out with religious leaders and community leaders who came from PKK cadres in Ketitang Lor Village, Bojong District, PKK cadres in Sabarwangi Village, Kajen District, Aisyiyah Regional Leaders (PDA) Pekalongan Regency, Nasyiatul Aisyiyah Regional Leaders (PDNA) Pekalongan Regency were carried out with good. Participants are interested and cooperative in participating in the activities. The results of the activity showed an increase in knowledge of 3.21%. The next activity needs to be held practices in the selection of food products both in terms of products and legality.

Table 1.
Changes in respondents' knowledge with the *pretest* and *posttest* methods,

No.	Questionnaire Questions (True/False Answers)	Correct answer		Knowledge Improvement (%)
		<i>Pre-test</i>	<i>Post-test</i>	
1	Diarrhea is a disease caused by improper food processing	37	39	5.13
2	Food should be made with quality and halal principles.	39	39	-
3	Rhodamine B is misused in snacks such as crackers, causing a red color. <u>So</u> you have to be careful when choosing red snacks.	39	38	-
4	Safe food is food that is prepared on clean and sanitized surfaces using clean and sanitized utensils and containers.	38	39	2.56
5	Food safety is a condition and effort needed to prevent food from being contaminated by biological, chemical, and other objects that can endanger human health and do not conflict with religion, belief, and community culture so that it is safe for consumption.	39	39	-
6	The party that oversees the distribution of food is the Food and Drug Supervisory Agency (BPOM).	39	39	-
7	The food consumed by pregnant women will also be felt by the fetus they contain through the amniotic fluid.	27	38	28,20
8	The elderly pay attention to the food they eat, such as offal because it can cause <u>gout</u> .	36	34	-
9	Cholesterol disease can cause high blood pressure.	38	38	-
Amount		332	343	3.21

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