

NUTRITION POS (POS GIZI) with Positive Deviance Approach

"A lesson learned to handle malnutrition in children under 5 "

PLAN INTERNATIONAL INDONESIA
NUSA TENGGARA AREA



PLAN INTERNATIONAL INDONESIA

- Plan International Indonesia is a child foccus organization with motto“ Children are at the heart of everything we do and Plan is a global community united around the rights of children”.
- Currently Plan Indonesia implementing Integrated Food and Nutrition (FNS) Project in Dompu, Sikka and Lembata

Background



- Started from the Goal of the project to reduce malnutrition in target area
- Positive Deviance (PD) offered a solution with community empowerment principle.
- Availability of learning source around from the “positive” child care practice that had been conducted by the family





Location	# Pilot Village	# Scale Up Village
Dompu	3	3
Lembata	3	4
Sikka	4	4

INDONESIA

-  Country Office
-  Programme Unit

Grobogan

Medan

Palembang

Jakarta

Kebumen

Rembang

Surabaya

Samarinda

Sikka

Makasar

Dompu

Lembata

Kefa

Soe

AUSTRALIA

MYANMAR

CHINA

THAILAND

VIETNAM

MALAYSIA

PHILIPPINES

Where & When

- PD approach implemented: in Dompu, Sikka and Lembata District started at: 2008



Beneficiaries

- Under < 5 Children (4451)
- Mother with Under < 5 Children (5927)
- Cadres of Integrated Health Pos (Posyandu) : (392)



Stakeholders

- Health District Office
- District Positive Deviance (PD) Team
- Puskesmas
- Midwife
- Village Food & Nutrition Committee

Positive Practice (PD)

- Active feeding
- Feeding a child a complete portion
- Prevent the children to consume manufactured snack from local store
- Parents take vegetable from their own garden as food source for their children
- Bathing their children before feeding
- Take their children to Posyandu for growth monitoring
- Providing toys or let the children play with his friend during feeding in order to increase the appetite of the child
- Let not children to cry for a long time



Nutrition Post' Activities

- ToT for PD District team
- PD Socialization at Sub-District & Village Levels

10 LANGKAH
KEGIATAN-HARIAN PROGRAM PENDIDIKAN DAN PERBAIKAN GIZI

1. SOSIALISASI DAN MOTIVASI
2. KONTRIBUSI
3. MEMASAK SECARA BERGILIRAN
4. PENIMBANGAN
5. CUCI TANGAN DENGAN SABUN UNTUK ANAK DAN IBU/AYAH
6. PEMBERIAN CEMILAN
7. PERMAINAN DENGAN PARA PENGASUH
8. PENYAMPRAIAN PESAN KESEHATAN
9. MENYUAPI / MAKAN SECARA AKTIF
10. PEMBAGIAN KONTRIBUSI UNTUK ESOK HARI NYA
11. PULANG

JADWAL BERMAIN DENGAN ANAK

HARI	JENIS KEGIATAN	ALAT DAN BAHAN yg DIPERLUKAN
1.	MENYUSUN BALOK MAINAN	BALOK, URN Dasar MERAH, HIGAU, KUMING UK. 3x3x3 = 8 bh
2.	MENGENAL WARNA SAYUR-SAYURAN DAN BUAH-BUAHAN ---	SAYUR-SAYURAN DAN BUAH - BUAHAN
3.	MENGGAMBAR	PENSIL DAN KERTAS
4.	BERMAIN CILUK BOD	CERMIN, SELIMUT ATAU KAIN
5.	MENGHITUNG BALOK	BALOK, APEL dll ---
6.	MELOMPAT DENGAN SATU KAKI	---
7.	MENYEBUTKAN BAGIAN-BAGIAN TUBUH	BONEKA, MOBIL-MOBILAN dll ---
8.	BERBICARA DAN MENGUCAPKAN SEPULUH KATA ATAU LEBIH	BOLA, BUKU BERGAMBAR dll ---
9.	NAIK TURUN TAMBAH	BANGKUN KECIL
10.	BERMAIN BERSAMA TEMAN DALAM SATU PERMAINAN	---

Nutrition Pos activities

- Identify under/malnourished children
- Determined time, place and contribution for Nutrition Pos PDA
- Nutrition Pos implementation. Conducted 10-12 days and 10-15 participants per session
- Learning how to create menu with local food, how to feed their children, how to play with their children and listen to the health messages from the cadres
- Behaviour change monitoring by conducting home visit from cadres



Jadual Petugas Masak, Kontribusi Bahan makanan dan jenis menu

Krtu	Nama Kader Pendamping	Petugas masak	Petugas Kontribusi	Jenis Kontribusi	Jumlah	Nama menu
1	Begonia Daman Titiama Tunang	Yusufi Tama Maklupa Jari	- Kacang - Tepung - Gula	- Biskuit - Lemper - Kue	3 biskuit 2 Lemper 2 Kue	1. Biskuit 2. Lemper 3. Kue
2	Shahana Berman Laila Sari	Shahana Berman Laila Sari	Madura Ikan Madura Ayam	Biskuit - Lemper - Kue	3 biskuit 2 Lemper 2 Kue	1. Biskuit 2. Lemper 3. Kue
3	Shahana Berman Titiama Tunang Begonia Daman	- Yusufi Tama - Begonia Daman	- Air Putih - Madura Ikan	Biskuit - Lemper - Kue	3 biskuit 2 Lemper 2 Kue	1. Biskuit 2. Lemper 3. Kue
4	- Titiama Tunang - Shahana Berman (Kader)	- Yusufi Tama - Begonia Daman	- Yusufi Tama - Begonia Daman	Biskuit - Lemper - Kue	3 biskuit 2 Lemper 2 Kue	1. Biskuit 2. Lemper 3. Kue
5	- Shahana Berman - Maklupa Jari	- Maklupa Jari - Yusufi Tama	- Begonia Daman - Yusufi Tama	Biskuit - Lemper - Kue	3 biskuit 2 Lemper 2 Kue	1. Biskuit 2. Lemper 3. Kue



Contribution System from Village Food & Nutrition Committee (VFC)

- Home Garden group will contribute with their vegetables such as : kankoong, spinach and other vegetables. Each member will provide vegetables when Nutrition Pos session started
- Poultry group (chicken) each member will provide an egg)
- Fisherman group will provide some fish Group of woman and cader will provide place for Nutrition Pos activity

Contribution System of Communities and Others

- Another contribution from community in the form of “jempitan” (a glass of rice) that collected by committee.
- Contribution from local store such as : eggs, sugar, fried oil
- Contribution from PKK for cooking practice (egg, sugars)



Contribution System of Nutrition Pos's Participants

- Contribution from participant can be vegetables, rice, eggs, bean, coconut as scheduled in the group



Food Taboos

Dompu, Sikka & Lembata

Nutritious Food taboos for Fragnant and Children

- **Giblets** (Jeroan ayam)
- **Chicken Brain** (Otak Ayam)
- **Chicken Eggs – Abscess** (Telur Ayam – Bisul)
- **Fish – Worm** (Ikan – cacingan)
- **Green Bean** (Kacang Hijau)
- **Long Bean** (Kacang Panjang)
- Etc

Result

- # Pos Gizi PDA implemented: 34
- # Villages implemented : 21
- # U 5 Children participated: 616
- Recovery Rate in Nutrition Pos PDA > 75 %



Monitoring carried out by

:

- Village Food & Nutrition Committee
- Posyandu Cadre – Home visit
- Midwife
- Children Group
- Communities
(Participatory Approach)



Challenges

- There are some mothers who didn't care with her child nutritional status and unwilling to bring her child to Nutrition Pos
- Some mothers won't bring her child to Nutrition Pos again if her children did not recover during the first session because shy or other reason.
- Some mothers can not join complete Nutrition Pos session due to her activities to support family economic
- Need support to encourage Cadre to conduct home visit after Nutrition Pos session
- Others program (PNPM, etc)
- Support from local govt.

Reflection

- PD approach application in Pos Gizi can increase nutritional status its participants. The power of PD located in principal that the solution of the problem is available locally and right in front of our eyes
- Finding solution for malnutrition problem with the resources that available around us.
- PD approach can be done by the local resources available in community through contribution from mothers as well as other group in community
- Pos Gizi could be running because support from community, village leader and other parties

Next Step (PDA)

- Maximize Distric PD Team to support PD approach in village
- Share and promote the successful of Nutrition Pos (Pos Gizi) PDA and its impact
- Scale up to other location
- Create networking with PD forum & stakeholders