

# LAPORAN PENELITIAN

## Pengetahuan, Sikap, dan Praktik melalui Program Edukasi Ayo Masak Lezat untuk Isi Piringku



**Kerjasama:**  
**Departemen Gizi Masyarakat, FEMA, IPB**  
**dengan**  
**PT Unilever Indonesia**  
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## **RESEARCH REPORT**

**The impact of the Royco Nutrimenu Program: Let's Cook Delicious according to the Contents of My Plate on improving the knowledge, attitudes, and practices of mothers in Garut Regency**

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## EXECUTIVE SUMMARY

Today Indonesia is still facing double burden of malnutrition (overnutrition and undernutrition at the same time). On one hand overweight and obesity will impact on the increase of degenerative diseases like diabetes, heart diseases, and high blood pressure. While on the other hand, lack of nutrient intake is resulting in malnutrition problem like stunting. According to Riskesdas 2018 and demographic data of Pusdatin 2017, there is around 23 million Indonesian kids aged 0-12 that suffer from imbalanced nutrition, like stunting, overweight and obesity.

In response to double burden of malnutrition problem, Indonesian Ministry of Health has been campaigning on GERMAS (people movement of healthy living) since 2017. One of the activities is to launch Isi Piringku guidance to ease understanding of balanced nutrition practice within the people. To support GERMAS, Unilever Indonesia worked in collaboration with Ministry of Health and PKK cadres to initiate Royco Nutrimentu program: "Let's cook deliciously according to Isi Piringku", as the effort to manage the risk and impact of imbalanced nutrition on Indonesian kids. The series of this program were done in Garut district in October until November 2019.

Royco Nutrimentu program: "Let's cook deliciously according to Isi Piringku" was done on ground by executive committee from Poltekes Bandung. Unilever team and the executive committee gave training on trainers (TOT) to 100 PKK cadres. The TOT training materials include knowledge on malnutrition, balanced nutrition, Isi Piringku guidance, guidance on hygiene life (PHBS), and cooking demo to prepare food according to Isi Piringku guidance. After the TOT training, the cadres were given education materials such as flipchart and Royco Nutrimentu Book that contains 42 inspirational recipes for 21 days (2 recipes a day) that follow Isi Piringku guideline. Each cadre recruited another 50 mothers to be educated on the materials so that in total 5000 mothers were given education and assistance for 3 weeks (21 days) by the cadres on the practice of preparing Isi Piringku according to balanced diet principle.

To measure the impact of Royco Nutrimentu program towards mothers' behavior change, a research was done by a team of researchers from IPB. What measured was Knowledge, Attitude, and Practice of the mothers towards preparing food at home that follows Isi Piringku guidance based on Nutrimentu book. The researcher picked randomly 388 out of 5000 mothers as the sample, to be evaluated with pre and post questionnaires. The result of the research showed that the sample age was 37 years old, and 87% of them was housewife.

The research design was pre-post intervention study, where nutrition education was given to mothers with kids, and then the behavior change of the mothers was measured before and after the program via questionnaires. The results of the questionnaires were analyzed by using score categorization: "good" if the total of correct scores from the questionnaires was >80%, "medium" if the total of correct scores from the questionnaires was 60-80% and "lack" if the total of correct scores from the questionnaires was <60%. The result was then measured using statistical analysis of 95% significance ( $p < 0.05$ ) using paired-sample T-test for parametric variables and Chi-square test for non-parametric variables, before and after intervention program.

Knowledge of mothers on nutrition was scored based on the answer of 15 questions (score 0-100) about symptoms of stunting, imbalanced nutrition problem, cause and impact of stunting and obesity, balanced nutrition principle, and Isi Piringku guidance. Before Royco Nutrimentu program, mean of scores from the sample was 58 but after 21 day program it was increased to 64. Proportion of mothers with medium to good knowledge (scored >60%) was improved significantly from 54% before program to 70% after the program.

Attitude of mothers towards nutrition was scored based on the answer of 15 questions (score 0-100) about her acceptance (agree/not agree) towards some aspect about stunting in kids, cause and impact of malnutrition, balanced nutrition principle, and portion of food groups. Before Royco Nutrimentu program, mean of scores from the sample was 71 but after 21 day program it was increased to 78. Proportion of mothers with good attitude (scored >80%) was improved significantly from 22% before program to 45% after the program.

There was positive change towards practice of mothers in preparing foods according to Isi Piringku. Before Royco Nutrimentu Program, less than 50% of mothers practiced portion of Isi Piringku guidance correctly. But after the program, the number of mothers who practiced portion of Isi Piringku guidance correctly was increased significantly to 75%. That means around three fourth of the Royco Nutrimentu Program participants are able to prepare portion of carbohydrate, protein, fruits and vegetables correctly at the end of the program.

It is concluded that Royco Nutrimentu program: "Let's cook deliciously according to Isi Piringku" that was done by Unilever has proven to increase the knowledge, attitude, and practice of mothers significantly towards positive behavior of preparing foods according to Isi Piringku. It is highly recommended that similar program is replicated in other districts/areas with high number of malnutrition prevalence in Indonesia. Therefore, collaboration with local MoH, PKK cadres, and other relevant entities so that such education program can be sustainable.