



## EMPOWERING OF COMMUNITY AND ELEMENTARY SCHOOL STUDENTS IN EFFORTS TO IMPROVE HEALTH IN CISAAT VILLAGE, KAB SUBANG, 2017

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**Abstract. Background :** Cisaat Village is one of the villages in Ciater subdistrict, Subang district. Based on the results of the 2016 survey conducted by lecturers and students of the RI (Republic of Indonesia) Ministry of Health Polytechnic in Bandung, there were several problems as follows: among them the level of people's knowledge was still low about balanced nutrition, environmental health, drug management, knowledge of various types of infectious and non-communicable diseases, knowledge of drugs, reproduction, breast cancer. Besides the behavior of some people in brushing their teeth is not good, there are still family members who suffer from toothache. As well as environmental health conditions that do not meet the requirements, namely the provision of clean water, waste management, control of vector and disturbing animals, healthy food and drink. Based on this matter, Polytechnic Lecturers and students of the RI Ministry of Health Polytechnic Bandung from various Departments namely Health Analyst, Nursing, Dental Nursing, Midwifery, Pharmacy, Nutrition and Environmental Health carry out community service in Cisaat Village, Ciater Sub-District, Subang District in 2017. **Method :** The methods used were counseling, training, cadre assistance, simulations, demonstrations, practices, film presentation and discussions. Target: local people/citizens and Cisaat Elementary School Students; data collection tools, namely: tension meter, a set of blood type checking tools, scales and meters, while the media used are LCD, modules and leaflets. **Result and Conclusion:** The results were obtained by cadre knowledge about dental health, balanced nutrition, family medicine management, environmental health, infectious and non-communicable diseases, drug of abuse knowledge, 2. Obtaining cadre skills on how to brush teeth properly, various types of exercise, knowing breast cancer early ("SADARI" practice) how to administer family medicine, how to handle waste that meets the requirements. Knowledge of Cisaat Elementary School students was obtained about: balanced nutrition, dental and oral health, Obtained skills of elementary school students Cisaat about washing hands with soap ("CTPS" practise), how to brush teeth properly. Results of the blood checking type groups of it's community and Cisaat elementary school students ; A type = 26.16%, B type = 30.76, O type = 32.32 and AB type= 10.76%. The results of blood pressure measurements in the community were as follows: normal 28.13%, low 32.29% and high 38.58%.

### Introduction

Cisaat Village is one of the villages in Ciater subdistrict, Subang district. Based on the results of the 2016 survey carried out by lecturers and students of the RI Ministry of Health's Polytechnic in Bandung, there were several problems as follows: the level of people's knowledge about

nutrition was 53.5 was still low, the types of food consumed only 18.7% still did not meet the requirements, The behavior of the community in brushing teeth was 82.2% that's not good, dental health checks refer to 30.4% of the community have never had regular dental health checks, members of the family who suffered from toothache was 66.1%. Knowledge of environmental health,

drug management, knowledge of various types of infectious and non-communicable diseases is still low, and drug of abuse knowledge was still low. In addition, environmental health conditions that have not met the requirements of 41.2% of clean water supply didn't meet the requirements, 27.1% of waste handling was ineligible, vector control and disturbing animals 80.4% didn't meet the requirements, food sanitation and drinks of 59.1% didn't meet the requirements. Based on this matter the Polytechnic Lecturers and students of the Ministry of Health of the Republic of Indonesia in Bandung from various Departments namely Health Analyst, Nursing, Dental Nursing, Midwifery, Pharmacy, Nutrition and Environmental Health carryout community service in Cisaat Village, Ciatersubdistrict, Subangdistrict. The aims are : 1. to increase the knowledge of cadres, local people/community and Cisaat elementary school students about dental health, nutrition, drug management, environmental health, infectious and non-communicable diseases, drug knowledge 2. Increase knowledge of Cisaat elementary school students about PHBS, dental examination methods, nutrition balanced, 3. providing various types of skills related to tooth brushing behavior, reproductive health with various types of gymnastics, correct drug management, how to handle waste that meets the requirements. During the implementation of May to November 2017, the locations were in RW 01 to RW 06, Cisaat Village, Subang district.

The targets from this activities are: 1. Implementation of socialization of Village Officials (Village Heads and staff.), Head Of citizen association /RW, Chairperson of the neighborhood association / RT, Cadres and community of RW 01 to 06), 2. Implementation of counseling and training for cadres, 3. Implementation of cadre assistance, 4. Implementation of counseling on community and elementary school students, 5. Implementation of the practice of how to brush teeth properly, 6. implementation of blood type checking on community members and blood pressure measurement.

## Methods

The community service method used are as follows:

1. Preparation:
  - a. Coordination with the Village Head Cisaat and Cadre from RW 01 to 06 community
  - b. Preliminary survey of the location of Cisaat Village
  - c. Prepare counseling material
  - d. Prepare tools and materials to be used

e. Prepare an activity plan schedule (people, vehicles, consumption, location and finance)

2. Implementation:
  - a. Socialization of village officials, cadres and RW 01 to 06 communities
  - b. Counseling and training of cadres
  - c. Counseling and Training for the community
  - d. Assistance to cadres
  - e. Counseling for Cisaat elementary school students
3. Location of Community Service in Rw 01 to RW 06, Cisaat village, Ciatersubdistrict,
4. Subang district.
5. Implementing staff; lecturers from the Department of Health Analyst, Nursing in
6. Bandung and Bogor, Midwifery in Bandung and Karawang, dental nursing, Pharmacy, nutrition and the Department of Environmental Health who are assisted by students from all Departments. The number of lecturers per department between 2-3 people and students 1- 2 people
7. Implementation Time ; May - November 2017
8. The methods used are: 1) counseling, training, cadre assistance, demonstration,
9. discussion, practice, lecture, question and answer, videopresentation.
10. Media for counseling are LCD, Laptop, modules, cameras. The media for training are Teaching material supports such as posters, leaflets.
11. Tools and materials used to practice tooth brushing (tooth brushes and toothpaste), a tool for making compost namely takakura compost basket and materials for composting, a tool for measuring blood pressure (tension meters), a tool for measuring height and weigh (scales and meters).

## Results and Discussion

Gaining knowledge of cadres and the community about: dental health, balanced nutrition, drug management, healthy homes, waste management, infectious and non-communicable diseases (heart and diabetes), anemia, hypertension, reproductive health knowledge (cervical / cervical cancer, breast milk exclusive), maternal health and danger signs of pregnancy, risk of teenage pregnancy, childbirth preparation, prevention of accidents in children, prevention and early detection of breast cancer, drugs of abuse, drugs management in the family, clean and healthy lifestyle (PHBS).

1. Gaining the skills of cadres and the community about: washing hands with soap ("CTPS" practice), heart gymnastics and diabetes, "SADARI" practice,

- drugsmanagement in the family, how to make compost (composting).
- Results of examination of the blood type group of the community and Cisaat Elementary School students ; A type= 26.16%, B type = 30.76, O type = 32.32 and AB type = 10.76%
  - The results of blood pressure measurements on community members are as follows: normal 28.13%, low 32.29% and high 38.58%
  - Gaining knowledge of Cisaat Elementary School students about: balanced nutrition, oral health.
  - Obtained the skills of elementary school students Cisaat about washing hands with soap ("CTPS" practice), how to brush their teeth properly

Table 1. Blood Pressure Measurement Results from RW 01, RW 02& RW 05 Community

NO	Blood Pressure	Number (person) RW 1	Number (person) RW 2	Number (person) RW 5	Total	Percentage (%)	Category
1	90/60	0	0	1	1	1,04	Low
2	100/80	1	0	0	1	1,04	Low
3	100/70	0	1	3	4	0,41	Low
4	110/80	6	14	0	20	4,16	Low
5	110/100	1	0	0	1	1,04	Normal
6	110/70	2	4	4	10	10,41	Normal
7	110/60	0	1	0	1	1,04	Low
8	120/80	6	4	6	16	16,66	Normal
9	120/70	2	1	1	4	4,16	Low
10	130/100	4	0	0	4	4,16	High
11	130/90	0	0	1	1	1,04	High
12	130/80	0	0	2	2	2,08	High
13	130/80	2	8	0	8	8,33	High
14	140/100	1	1	0	2	2,08	High
15	140/80	0	2	1	3	3,12	High
16	140/70	1	0	1	2	2,08	High

17	140/90	0	3	0	3	3,12	High
18	150/100	1	2	1	3	3,12	High
19	150/80	0	0	1	1	1,04	High
20	160/100	1	0	1	2	2,08	High
21	160/90	0	1	0	1	1,04	High
22	160/80	0	0	3	3	3,12	High
23	170/100	0	1	0	1	1,04	High
24	180/110	1	0	0	1	1,04	High
25	180/90	0	0	1	1	1,04	High
26	220/140	1	0	0	1	1,04	High
	JUMLAH	27	43	26	96	100	

Table 2. Blood Pressure Measurements Summary :

NO	Blood Pressure	Number (person)	Percentage (%)
1	Normal	27	28,13
2	Low	31	32,29
3	High	38	38,58
	<b>Total</b>	<b>96</b>	<b>100</b>

Table 3. Blood Type Checking Results in RW 01 Community and Cisaat Elementary School (SDN Cisaat)

NO	Blood Type	RW 01 community	SDN CISAAT	Participants (person)	Percentage (%)
1	A	7	10	17	26,16
2	B	14	6	20	30,76
3	O	11	10	21	32,32
4	AB	0	7	7	10,76
	<b>Total</b>	<b>32</b>	<b>33</b>	<b>65</b>	<b>100</b>

Public health centers suggested to carry out counseling on public health such as infectious and non-communicable diseases, balanced nutrition, various dietary diseases, dental health, trash collection, healthy homes and others. Cadres suggested can motivate the community and mobilize them so that they can carry out routine health checks, exercise regularly with various types

of gymnastics, and participate in counseling conducted by the public health center /health office, the community to be able to "PHBS" practice (having clean & healthy lifestyle), brush their teeth properly and routinely, applying compost in the household, eating a diet according to the disease.

### Competing Interest

The authors of this paper have no competing interest to report.

### Acknowledgement

The authors of this paper have no acknowledgement to report.

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