

Gerakan Nusantara Lifestyle Education and School Milk Program Nourishing Indonesia to Progress



*Instilling Healthy Active Lifestyle to Impact the future of
Indonesian Children*

Gerakan Nusantara Healthy Active Lifestyle Program in Indonesia to Combat Multi Burden Malnutrition



Milk Sampling



Nutrition Classes for
Students



Training of Trainers &
Training for Parents



Training for Student



Outdoor Activities



Nutrition Education
Materials



Healthy School Canteen



Education

The Goodness of Milk, Balance Nutrition, The Importance's of Breakfast, Safe & Healthy Lifestyle



MEASUREMENT : Behavioral Studies

- ✓ Knowledge
- ✓ Attitude
- ✓ Practice



Supported by:



Gerakan Nusantara since 2013



FrieslandCampina



GERAKAN NUSANTARA

Sampai dengan 2021, menjangkau 4,999 Sekolah Dasar, dengan cakupan total 2.554.458 siswa

2013	2014	2015	2016	2017	2018	2019	2020	2021
	2x Coverage, KAP, Nutrition education by experts	Improve KAP method and education content	Covering peri-urban areas Trainings of Trainers (ToT) teachers NTT, Parents Seminar	Wide coverage of ToT for teachers 2x students coverage	New remote areas: Papua (kota & kab. Sorong) & TTS (kota Soe)	Digital Nutrition training for teachers; Kid's healthy lifestyle Ambassador	New normal approach due to Covid-19 Pandemic applied by having online digital education to school communities	New normal approach due to Covid-19 Pandemic applied by having online digital education to school communities
250 schools 117,511 students 5 cities(urban)	500 schools 249,798 students 5 cities (urban)	501 schools 251,891 students 5 provinces : 16 cities/regencies	510 schools 236.320 students 6 provinces – include peri-urban cities	746 schools 520.815 students 19.161 teachers (2,254 with direct ToT) 8 provinces, 24 cities/ regencies	1,549 schools 756.985 students 20 cities/regencies	750 schools 387.454 students 17 cities/regencies 135 schools ToT	Online Coverage 45 schools 29,558 students 1,905 teachers 14 cities/regencies 3,602 direct participation	Online Coverage > 148 schools 6,000 students 1,000 teachers 2,000 parents 20 cities/regencies 2,800 direct participation
Ministry of Education BPOM – ANPIAS program report	Ministry of Education: APP Award 2014 BPOM – CSR award ISFAN Award	Ministry of Education BPOM Univ. of Indonesia	Ministry of Education BPOM Univ. of Indonesia	Ministry of Education Univ. of Indonesia	Ministry of Education Ministry of Women Emp. & Child Protect. Univ. of Indonesia	Ministry of Education BPOM Univ. of Indonesia	Ministry of Education BPOM Univ. of Indonesia	Ministry of Education Univ. of Indonesia
	KAP Study: n=1,800 students Healthy behavior increased post activation, not yet shown statistical significance	KAP Study: n=2,100 students 174 teachers trained, 418 students trained Shown improvement with statistical significance for nutrition knowledge pengetahuan gizi.	KAP Study: n=2,652 students Trainings for 200 teachers, 582 students, 387 parents Shown improvement with statistical significance for nutrition knowledge and health practice	KAP Study: n=919 students in Pekanbaru, Jambi, Padang 49 ToT activities Shown improvement with statistical significance for nutrition knowledge and health practice	KAP Study: n= 461 students of Sorong, ToT to 399 Teachers in 8 cities Shown improvement with statistical significance for nutrition knowledge and health practice	Trainings for teachers with Ministry of Education & BPOM shown overall improvement on knowledge of balanced diet guidelines, hygiene, breakfast & food safety stable in relatively high level Healthy active lifestyle behavior observed through involvements in digital / social media competition.	Online webinars and live socmed activities participated by thousands from kids, parents, and teachers. Healthy active lifestyle behavior observed through involvements in digital / social media competition.	Online webinars and live socmed activities participated by thousands from kids, parents, and teachers. Healthy active lifestyle behavior observed through involvements in digital / social media competition.



Gerakan Nusantara – School Milk Program 2022
Reached – 157,173 students, 1,016 teachers in 250 schools

Pillars :

1. Education

2. Active Lifestyle

3. Sustainability Act

ASSETS



1. Education Module



2. Active lifestyle

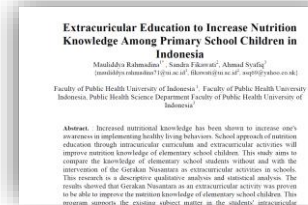


3. Sustainability Action



4. Canteen program

4. Physical Availability / Healthy Canteen Program



5. Multi Years impact Study

5. Impact Monitoring

Stakeholder Engagement → Strategic Partners



KEMENTERIAN
PENGURUSAN DAN PELAKSANAAN ANAK
REPUBLIK INDONESIA

Results Gerakan Nusantara show improvement amongst the children

4 articles published in Journals (National & International) by Academicians of Universitas Indonesia in 2020 - 2021 :

Gemily et al. *Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal)*, 2020; 15(3): 113-119
DOI: 10.21109/kesmas.v15i3.3258

Gerakan Nusantara Program on Children's Nutrition Practices

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Abstract

Gerakan Nusantara is a nutrition education program that aims to change nutrition knowledge, attitudes, and practices of elementary school children in Indonesia. The program was implemented in 2015-2018 in Jakarta, Bandung, Surabaya, Makassar, Medan, Yogyakarta, Pontianak, East Nusa Tenggara, Pekanbaru, Padang, Jambi, and Sorong. The present study sought to determine effects of Gerakan Nusantara on the nutrition practices of elementary school aged children and describe the extent of changes in each nutrition practice component covered by the program. This study used secondary data on Nutrition and Health Knowledge, Attitudes, and Practices studies collected from students participating in the program and involved 6,152 school children. The nutrition practice components studied were consumption of staple foods, plant protein, animal protein, vegetables, and fruits; milk drinking; and exercise. Significant improvements in fruit consumption and exercise were noted in 2015; all variables improved in 2016; significant changes in the consumption of staple food and plant protein and exercise were recorded in 2017; and significant improvements in the consumption of vegetables, plant protein, and animal protein and milk drinking were noted in 2018. Significant differences in nutrition practices before and after program implementation were noted in each year. Overall, the results demonstrated that Gerakan Nusantara successfully improved the nutrition practices of elementary school children.

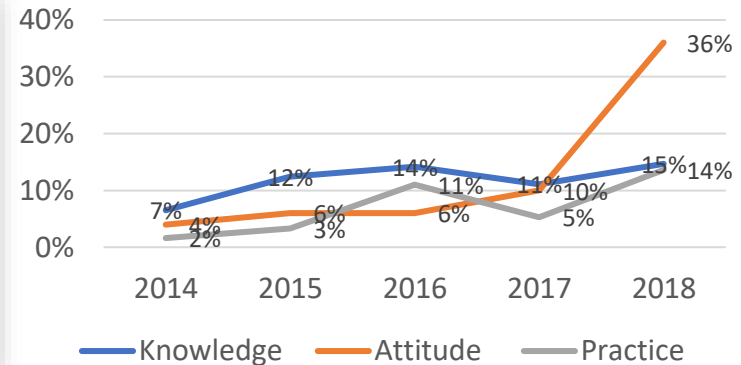
Keywords: behavior change, drinking milk, nutrition education, nutrition practices, practice change

Conclusion

The results of this study indicated an increase in nutrition practices after implementation of *Gerakan Nusantara* from 2015 to 2018. Significant improvements in all nutrition practice variables were found in 2016, a year in which all school components, including teachers, students, peer groups, and parents, were involved. The nutrition practice that changed the most from 2015 to 2018 was exercise, followed by vegetable, protein, and fruit consumption. This study showed a significant relationship between *Gerakan Nusantara* and changes in the nutrition practice scores of school children. The *Gerakan Nusantara* Program can thus be concluded to be successful in improving the nutrition practices of school children.

Result Snapshot:

KAP 2014 - 2018



Extracurricular Education to Increase Nutrition Knowledge Among Primary School Children in Indonesia

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Abstract. Increased nutritional knowledge has been shown to increase one's awareness in implementing healthy living behaviors. School approach of nutrition education through extracurricular activities and extracurricular activities will improve nutrition knowledge of elementary school children. This study aims to increase the knowledge of elementary school children and with the intervention of the Gerakan Nusantara as extracurricular activities in schools. This research is a descriptive qualitative analysis and statistical analysis. The results showed that Gerakan Nusantara as an extracurricular activity was proven to be able to improve the nutrition knowledge of elementary school children. This research supports the existing research on the children's nutritional

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Perubahan Sikap pada Anak Sekolah Dasar di Indonesia Tahun 2014-2018 (Gerakan Nusantara)

Change in Attitudes of Indonesian Primary School Children in 2014-2018 (Gerakan Nusantara)

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ABSTRAK
Pola perilaku dan kebiasaan makan yang dewasa terbentuk pada masa anak-anak. Perubahan dan kebiasaan makan akan berpengaruh terhadap perubahan sikap yang lebih terarah dan sehat. Tujuan dari penelitian ini adalah untuk melihat pengaruh edukasi program gerakan perubahan pola makan anak sekolah dasar dan setelah terapan program

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Menyusun Literasi Gizi: Komponen Pengetahuan Gizi pada Program Edukasi Gizi Siswa Sekolah Dasar

Developing Nutritional Literacy: Component of Nutrition Knowledge in the Nutrition Education Program for Elementary School Students

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ABSTRAK
Pengenalan tentang gizi merupakan dasar untuk menumbuhkan sikap dan perilaku dalam pemeliharaan kesehatan. Studi ini bertujuan untuk mengetahui besaran pengetahuan gizi pada siswa sekolah dasar. Analisis dilakukan berdasarkan data pre dan post test siswa sekolah dasar terpilih yang telah diberikan intervensi edukasi gizi oleh tim Gerakan Nusantara. Hasil penelitian menunjukkan bahwa pengetahuan gizi siswa

Link to articles

<https://journal.fkm.ui.ac.id/kesmas/article/view/3258>

<https://eudl.eu/doi/10.4108/eai.9-10-2019.2297218>

<https://repository.unar.ac.id/jspui/bitstream/123456789/3985/1/375-386.pdf>

<https://repository.unar.ac.id/jspui/bitstream/123456789/3969>

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Gerakan Nusantara Links

<https://www.frisianflag.com/perusahaan-kami/berita/gerakan-nusantara-2022-soroti-masalah-malnutrisi-kelestarian-lingkungan-hidup>

<https://mediaindonesia.com/humaniora/443439/gerakan-nusantara-2021-persiapkan-orangtua-siswa-guru-ikuti-ptm>

<https://koran-jakarta.com/frisian-flag-luncurkan-edukasi-minum-susu?page=all>

<https://lifestyle.kompas.com/read/2022/08/07/204916120/sekolah-didorong-kampanyekan-gaya-hidup-sehat-aktif>