

**Pos balita sehat sebagai upaya pemberdayaan dalam meningkatkan status gizi balita di Kelurahan Tugu Kecamatan Cimanggis Kota Depok = Children under five post as empowerment effort in increasing children under five nutritional status at Kelurahan Tugu Kecamatan Cimanggis Kota Depok**

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## Abstrak

Pos Balita Sehat (PBS) merupakan model pengelolaan asuhan keperawatan pada aggregate balita kurang gizi berupa integrasikan model-model: manajemen keperawatan, community as partner, family center nursing, health promotion, integrated child development services, women, infant, children program, program Pos Gizi dan Posyandu.

PBS bertujuan untuk meningkatkan kemampuan masyarakat dalam penatalaksanaan kesehatan balita dengan menerapkan strategi intervensi pemberdayaan dan promosi kesehatan melalui pengelolaan pelayanan kesehatan, asuhan keperawatan, komunitas dan keluarga.

Hasil menunjukkan peningkatan kemampuan keluarga dan kader dalam penatalaksanaan gizi balita, ISPA, diare, dan status gizi balita dengan kenaikan BB rerata 3 kg. PBS disarankan sebagai upaya mengatasi gizi kurang pada balita.

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Children Under Five Health Post (CUFHP) is model of management nursing care of children under five with under-nutrition by integrated models of nursing management, community as partner, family center nursing, health promotion model, integrated child development services, women, infant, children, service station and Positive Deviance program.

It aims to increase the community ability in managing children under five's health. Empowerment and health promotion applied as strategy with health management, community, and family nursing process approaches.

The result showed elevation of family and health kader ability in managing health of children under five nutrition, Acute Respiratory Infection, diarrhea, and nutrition status.