

Penerapan Intervensi Program ABCD Sebagai Upaya Peningkatan Pola Hidup Sehat Anak Usia Sekolah = Implementation of ABCD program as an Effort to Improve Healthy Habits in School Age Children

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Abstrak

[ABSTRAK

Peningkatan angka kejadian anak usia sekolah (AUS) dengan masalah kelebihan berat badan dan obesitas meningkatkan risiko masalah kesehatan di masa depan. Program ABCD dapat menjadi alternatif program penanggulangan masalah kelebihan berat badan dan obesitas pada AUS. ABCD terdiri dari ; A: Aku senang berjalan kaki atau bersepeda setiap hari, B: Buah setiap hari, C: Cintai dan makan sayur setiap hari, D: Di hari selasa, aku mengganti makan nasi dengan sumber zat tenaga lain (ODNR). Program ini mengintegrasikan model Coordinated School Health, Manajemen Pelayanan Kesehatan, serta Family Centered Nursing sebagai pedoman yang mendasari program ABCD di sekolah. Hasil implementasi menunjukkan program ABCD menunjukkan pengaruh yang signifikan (P value=0,000) dalam meningkatkan pola hidup sehat AUS. Peran perawat komunitas diperlukan untuk mengimplementasikan program ABCD sebagai bagian dari upaya promotif dan preventif dalam pencegahan masalah penyakit tidak menular.;

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ABSTRACT

Increasing prevalency of overweight and obesity in schol age children will increasing health problem in the future. ABCD Programs could be an alternative sollution for this problem. ABCD Consist of : A: Aku senang berjalan kaki atau bersepeda setiap hari, B: Buah setiap hari, C: Cintai dan makan sayur setiap hari, D: Di hari selasa, aku mengganti makan nasi dengan sumber zat tenaga lain (ODNR). Coordinated School Health Model, Health Services Management,and Family Centered Nursing were integrated to guide ABCD programs in school. The result showed that ABCD had a significant influence to improve healthy habits in school age children (P value=0,000). Community nurses may consider to implement ABCD programs as part of non-communicable disease promotion and prevention program;Increasing prevalency of overweight and obesity in schol age children will increasing health problem in the future. ABCD Programs could be an alternative sollution for this problem. ABCD Consist of : A: Aku senang berjalan kaki atau bersepeda setiap hari, B: Buah setiap hari, C: Cintai dan makan sayur setiap hari, D: Di hari selasa, aku mengganti makan nasi dengan sumber zat tenaga lain (ODNR). Coordinated School Health Model, Health Services Management,and Family Centered Nursing were integrated to guide ABCD programs in school. The result showed that ABCD had a significant influence to improve healthy habits in school age children (P value=0,000). Community nurses may consider to implement ABCD programs as part of non-communicable disease promotion and prevention program;Increasing prevalency of overweight and obesity in schol age children will increasing health problem in the future. ABCD Programs could be an alternative sollution for this problem. ABCD Consist of : A: Aku senang berjalan kaki atau bersepeda setiap hari, B: Buah setiap hari, C: Cintai dan makan sayur setiap hari, D: Di hari selasa, aku mengganti makan nasi dengan sumber zat tenaga lain (ODNR). Coordinated School Health Model, Health Services Management,and Family Centered Nursing were integrated to guide ABCD programs in school. The result showed that ABCD had a significant

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