

Promosi Kesehatan mengenai Peran Remaja dalam Mencegah Stunting di SMA Negeri 1 Kota Bogor = Health Promotion on the Role of Adolescents in Preventing Stunting at SMA Negeri 1 Bogor City

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Abstrak

Stunting merupakan salah satu tantangan utama kesehatan di Indonesia, terutama pada anak-anak, dengan dampak yang signifikan terhadap perkembangan fisik dan kognitif mereka. Laporan ini mendokumentasikan kegiatan promosi kesehatan bertema "Peran Remaja dalam Mencegah Stunting" di SMA Negeri 1 Kota Bogor, bertujuan meningkatkan kesadaran dan partisipasi remaja dalam pencegahan stunting. Edukasi dilakukan melalui presentasi interaktif, membahas definisi, prevalensi, faktor risiko, dan upaya pencegahan stunting, termasuk pola makan bergizi, sanitasi, serta konsumsi Tablet Tambah Darah (TTD). Hasil menunjukkan siswa lebih memahami stunting dan terlibat aktif dalam diskusi. Sebagai kesimpulan, keterlibatan remaja sebagai agen perubahan diharapkan mampu mendukung upaya preventif stunting di masyarakat, sehingga menciptakan generasi masa depan yang sehat dan produktif.

.....Stunting is one of the primary health challenges in Indonesia, particularly affecting children with significant implications for their physical and cognitive development. This report documents a health promotion activity themed "The Role of Adolescents in Preventing Stunting" conducted at SMA Negeri 1 Kota Bogor. The initiative aimed to raise awareness and engage adolescents in stunting prevention. The education sessions included interactive presentations, covering the definition, prevalence, risk factors, and preventive measures for stunting, such as balanced nutrition, sanitation, and iron tablet (TTD) supplementation. Results indicated improved understanding among students and active participation in discussions. In conclusion, the involvement of adolescents as agents of change is expected to support stunting prevention efforts in the community, fostering a healthy and productive future generation.