



Good Health and Well-Being



6514

Campus
Population

UM Surabaya is committed to advancing SDG 3: Good Health and Well-Being by fostering a healthy, safe, and supportive environment for the entire academic community and surrounding society. As a university with strong health-related faculties and expertise, UM Surabaya recognizes that physical, mental, and social well-being are essential foundations for quality education and sustainable development.

Lazismu and the Faculty of Medicine, State Islamic University of Surabaya, Implement an Anthropometric Health Corner for Stunted Toddlers in East Surabaya

Lazismu East Java is collaborating with the Faculty of Medicine (FK) of Muhammadiyah University (UM) Surabaya on a stunting prevention program in East Surabaya. The program is called "Anthropometric Health Corner as Stunting Screening and Limited Treatment for Sick Children."

Dr. Gina Noor Djalilah, Sp.A, MM, coordinator of the Stunting Prevention Action Team at the Faculty of Medicine, Muhammadiyah University of Surabaya, said that the activity, held on Sunday morning, October 17, 2021, at the Bulak Cumpat Utara III Multipurpose Building in Surabaya, targeted toddlers. The activities included:

- Measurement of anthropometric status in toddlers
- Knowing the prevalence of toddlers
- Detection and screening of nutritional status of toddlers
- Providing health education related to examining the nutritional status of toddlers.

96

Number of
Documents Publications

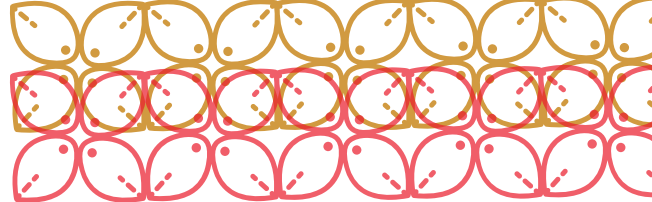
- Limited treatment for findings of sick children during nutritional status examinations of toddlers
- Distribution of additional nutritional intake for toddlers by Lazismu East Java.

The activity was well-received and enthusiastically received by residents of North Bulak Cumpat, especially mothers with children under five (toddlers). Furthermore, Posyandu (Integrated Health Post) and Community Health Center (Puskesmas) cadres in the area also expressed their appreciation for the collaboration between Lazismu and FK UM Surabaya.

Widayanti, a cadre at the Integrated Health Post (Posyandu) and Community Health Center (Puskesmas), expressed her gratitude for the program's implementation in the neighborhood unit (RW) within her work area. She expressed gratitude for the assistance of the FK UM Surabaya and Lazismu Jatim teams in the stunting screening program and the provision of supplementary food and nutrition.

"Thank God, sir, I am very grateful for this activity, as it is greatly needed by the community, especially mothers, during this pandemic," she said.

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"The problem is, during this pandemic, providing nutrition counseling to mothers with toddlers is very difficult because gatherings are prohibited. Visiting cadres at home is considered less than optimal, as they can only advise and remind mothers, not provide nutritional advice or guidance. This is different from having a community health center doctor visit," he explained.

"Therefore, this activity is very good because it's attended by doctors, so the mothers can consult directly with the medical team from the Faculty of Medicine, University of Muhammadiyah Malang (UM Surabaya). So, this event is very beneficial, especially with the nutritional supplement food and nutrition assistance packages from Lazismu. Ideally, it could be held every three months," Widayanti added.

Meanwhile, Dami, a mother who received the benefits of toddler check-ups and additional nutritional food and nutrition assistance packages for stunting prevention, felt the benefits of this activity.

"This event was very beneficial for my two-month-old child. Thank God, he was healthy and well during the checkup," said Mrs. Dami, a resident of Bulak Cumpat, who identified herself as a newcomer to the area.

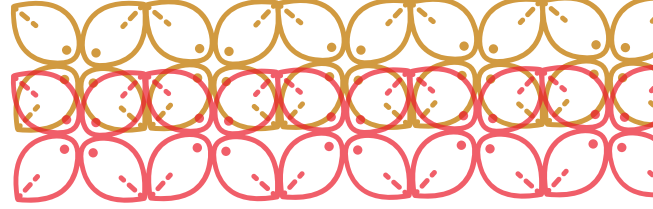
Aditio Yudono, Secretary of Lazismu for East Java, who attended the event, stated that Lazismu's commitment to supporting the stunting prevention program continues, especially during the pandemic.

"We have budgeted 100 million Rupiah for this stunting program, and 75 million Rupiah has already been spent on providing nutritional supplements. Furthermore, together with NASYIAH, we will also print a pocket booklet on stunting prevention to be distributed to mothers with toddlers suspected of having stunting. We hope this initiative will benefit the community," he concluded.

Link:

<https://info.lazismujatim.org/lazismu-dan-fk-um-surabaya-laksanakan-pojok-sehat-antropometri-bagi-balita-stunting-di-surabaya-timur/>

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Aikko, a Stunting Detection Application Created by UM Surabaya Students

SURABAYA, Suara Muhammadiyah – Four students from the Faculty of Medicine (FK) of Muhammadiyah University of Surabaya, UM Surabaya, Damara Oky, Insira Yumna, Indah Kamula, and Faishal Fahmi published a stunting prevention application that they had created with their team, Friday (24/6/22).

The application, developed by four students, won a gold medal at the 1 Idea 1 World innovation event held by the Turkish Inventors Association (TUMMIAD) in Istanbul, Turkey. The application, named Aikko, also won another gold medal at the World Young Inventors Exhibition 2022 (WYIE) in Malaysia.

Damara Oky, one of the students, explained that the background to creating this application was the high rate of stunting in Indonesia.

"Currently, the stunting rate in Indonesia, based on the results of the Indonesian Nutritional Status Study (SSGI), has reached 24.4%," Damara explained to the editor of UM Surabaya.

According to him, the Aikko application created by his team can detect stunting in high-risk children, so that health workers such as integrated health post (Posyandu) officers, nurses, midwives, and even pediatricians can provide education and therapy to prevent stunting.

Not only that, the Aikko application can detect the risk of stunting even before the baby is born, namely by looking at the mother's health by conducting an anamnesis regarding pregnancy risk factors such as old age, multigravida and measuring the upper arm circumference so that it can determine whether the pregnancy has a risk of stunting or not.

"This app offers convenient features like finding out your baby's estimated due date simply by entering your LMP (Last Menstrual Period) and providing education on appropriate eating patterns and menus for children according to their age," he added.

He hopes that Aikko can continue to develop, be updated, and be used by all health workers and the Indonesian public as a way to address the high incidence of stunting.

Meanwhile, Gina Noor Djalilah, the accompanying lecturer for the FK UM Surabaya team, explained that Aikko is an application created with the aim of reducing stunting rates in high-risk target groups.

"The Aikko application targets high-risk groups such as pregnant women, breastfeeding mothers, and mothers with toddlers," said Gina, a lecturer at the Faculty of Medicine, UM Surabaya, and a pediatrician.

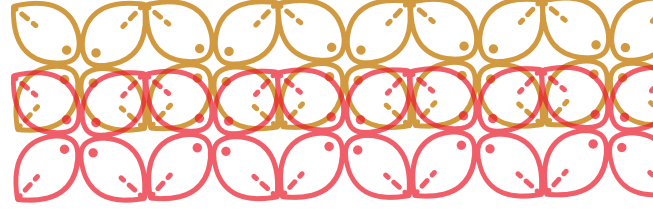
According to Gina, preventing stunting cannot only involve the Ministry of Health, but is a shared responsibility to protect and remind each other.

He hopes that in the future, research and innovation activities will continue to develop and be sustainable as a manifestation of research and service by both lecturers and students.

Getting this app is quite easy. You can download the Aikko app from the website. Then, log in with the username and password you created. Then, enter your details on the webpage and complete the form. After completing the form, the app will detect whether you have a high-risk pregnancy.

"Once the baby is born, a form will appear to fill in the child's data regarding the child's age, gender, weight, height, and head circumference at birth and now. Then the user can click the save option on the website," he added.

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Next, 3 graphs will appear regarding the growth and development of children if their height for age is more than two standard deviations below the WHO child growth standards.

Aikko also has other features, such as a complaints form. This allows patients to directly enter any complaints they're experiencing, whether related to maternal or child health. After the mother completes the form and clicks save, the complaint will be automatically forwarded to the nearest healthcare provider so they can provide appropriate education and therapy tailored to the patient's specific complaint.

Meanwhile, the MPASI education feature provides information on children's eating patterns and menus, including information on the foods and drinks that should be given to and needed by children.

Link :

<https://web.suaramuhammadiyah.id/2022/07/02/aikko-aplikasi-deteksi-stunting-karya-mahasiswa-um-surabaya/>

