

**Increasing Mother's Knowledge of Nutrition to Overcome Under
Nutrition in Children/Toddlers with the Application of
“Anak Sehat Makan Sehat (EMAS)”**

Muhammad Iqbal, S.Gz., M.P.H

Ni'ma Nazilia

Clinical Nutrition Study Program

Health Department

ABSTRACT

Background: *The incidence of malnutrition in Indonesia is still one of the main health problems. The incidence of malnutrition in Indonesia among children under five in 2018 is still high, namely 17.7% compared to the 2019 RPJMN target of 17%. The high incidence of malnutrition has a negative impact, including mental and physical growth in toddlers, which can lead to disability and death. This is due to the low knowledge of mothers about nutrition.*

Methods: *Experimental research with a quasi experimental design was conducted on mothers who have children/toddlers with the subject taking using purposive sampling method. The research was conducted in August-September 2020. The dependent variable is knowledge of maternal nutrition and the independent variable is the provision of applied interventions to the subject. Data were analyzed using the Wilcoxon Rank Test.*

Results: *There was a significant increase in the knowledge of mothers under five about nutrition to overcome malnutrition in children/toddlers before and after the intervention ($p = 0.001$).*

Conclusion: *The application of gold as a supporting medium has an effect on increasing maternal knowledge about nutrition to overcome under nutrition in children/toddlers.*

Key words: Under Nutrition, Knowledge, Emas Application