

*EVALUATION OF CHRONIC DISEASE MANAGEMENT PROGRAM (PROLANIS)
IN IMPROVING THE HEALTHY LIFESTYLE BEHAVIOR OF THE ELDERLY IN
PUSKESMAS JEMBER KIDUL*

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ABSTRACT

The Prolanis participant achievement ratio at Puskesmas Jember Kidul is the lowest in Jember Regency, at 0.12 for Diabetes Mellitus and 0.20 for Hypertension in 2023. This study aims to evaluate Prolanis implementation in improving healthy lifestyle behaviors among the elderly using the West (2014) Logic Model approach on input, output, outcome, and feedback loop components. This qualitative study with an evaluative case study approach involved 10 informants (Head of Puskesmas, physician, Prolanis coordinator, NCD coordinator, health promotion officer, and 5 elderly participants). Data were collected through in-depth interviews, non-participant observation, and document review. Data were analyzed thematically through data organization, initial coding, category development, mapping of findings according to the components of West's (2014) Logic Model, and interpretation of the findings, supported by source and method triangulation. Results showed that routine health education runs without visual aids, individual assistance is not routine, WhatsApp reminders are ineffective, and psychosocial services are not structured. Home visits as a mandatory component have not been implemented due to HR limitations. Healthy lifestyle behavior changes show initial progress but are not yet sustainable. Program evaluation remains top-down based on administrative data. Conclusion: Prolanis implementation has not been optimal in sustainably improving elderly healthy lifestyle behaviors. HR optimization, elderly-friendly educational media procurement, routine home visit implementation, alternative reminder development, psychosocial service strengthening, and participatory evaluation approaches are needed.

Keywords: Prolanis, elderly, healthy lifestyle, Logic Model West (2014), evaluation.