ABSTRACT

Fruit-Vegetable Consumption, Physical Activity, and Indoor Smoking in Puskesmas Trauma Center's Household PHBS

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Background : Clean and Healthy Living Behavior is a promotive and preventive effort aimed at preventing non-communicable diseases at the household level. Fruit and vegetable consumption, physical activity, and smoke-free home practices play an important role in reducing the risk of cardiovascular disease, obesity, and respiratory disorders

Objective : This study aimed to describe the achievement of these three indicators in the working area of the UPTD Trauma Center Community Health Center in 2025

Research Methods/ Implementation Methods : This descriptive study used secondary data from the 2025 PHBS survey conducted by UPTD Trauma Center Community Health Center, covering 900 households. Variables analyzed were daily consumption of fruit and vegetables, physical activity of at least 30 minutes per day, and not smoking inside the home. Data were analyzed descriptively and presented as frequencies and percentages

Results : Of the 900 households surveyed, 315 (35.00%) consumed fruit and vegetables daily, whereas 585 (65.00%) did not. A total of 712 households (79.11%) engaged in at least 30 minutes of physical activity per day, while 188 (20.89%) did not. Households that did not smoke inside the home numbered 597 (66.33%), whereas 303 (33.67%) still smoked indoors. The highest achievement was observed for physical activity, and the lowest for fruit and vegetable consumption

Conclusion/Lesson Learned : The achievement of the indicators for fruit and vegetable consumption (35.00%) and not smoking inside the home (66.33%) remains low, whereas physical activity was categorized as good (79.11%). Strengthening health promotion, balanced nutrition education, and the implementation of smoke-free homes are needed, particularly to protect toddlers and mothers from secondhand smoke exposure

Keyword : PHBS, fruit and vegetable consumption, physical activity, indoor smoking, secondary data

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