ABSTRACT

KADER TANGGUH: Empowering Posyandu Cadres for Sustainable Hypertension Prevention in Separi Village

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Hypertension is a major health concern in Separi. Our survey found that 19 of 90 respondents (21.1%) had a previous diagnosis, and the auxiliary health center listed it among the village's ten leading health problems. Misconceptions and delayed screening highlight the need for prevention. Posyandu cadres were chosen as key agents because their routine roles allow them to support blood pressure monitoring and health education.

To improve cadres' hypertension knowledge and skills in blood pressure measurement and community education using the SITA Pocketbook and Healthy Menu Corner.

On July 13, 2026, 17 cadres representing three Posyandu joined lectures, demonstrations, and paired role-play. Knowledge was assessed through pre- and post-tests, and practical skills through direct observation using a 0–4 scale. Each Posyandu received a Cadre Handbook with the training materials for future reference.

Mean knowledge scores increased by 7.06 points, from 89.41 to 96.47, but the difference was not statistically significant (p=0.063), possibly due to high baseline scores and the small sample. Good or very good performance was achieved by 16 cadres (94.2%) in blood pressure measurement, 13 (76.5%) in SITA Pocketbook use, and 12 (70.6%) in Healthy Menu Corner use.. All cadres recorded readings correctly, although some lacked confidence in educating residents and explaining the interactive media.

The training strengthened cadres' knowledge and practical skills. Continued practice and health worker support can build their confidence to educate residents and apply these skills during routine Posyandu activities.

Keyword : Hypertension; Posyandu Cadres; Cadre Empowerment; Blood Pressure Measurement; Health Education

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