ABSTRACT

The SEHATI Program: Improving Community Knowledge of Hypertension, Diabetes Mellitus, and Healthy Food Choices in Perjiwa Village

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Background : Hypertension and diabetes mellitus are non-communicable diseases that require preventive efforts through health education and healthy lifestyle practices. Limited knowledge of balanced nutrition, sugar, salt, and fat (GGL) consumption, and nutrition label interpretation may contribute to unhealthy dietary choices. Therefore, the SEHATI Program (Sehat Hadapi Hipertensi dan Diabetes Melitus) was implemented to improve community knowledge of disease prevention and healthy food selection in Perjiwa Village, East Kalimantan.

Objective : This program aimed to improve participants' knowledge of hypertension and diabetes mellitus prevention, particularly regarding healthy dietary choices, GGL consumption, and the importance of reading Nutrition Facts Labels (Informasi Nilai Gizi/ING).

Research Methods/ Implementation Methods : The SEHATI Program (Sehat Hadapi Hipertensi dan Diabetes Melitus) was implemented in Perjiwa Village, East Kalimantan, involving 34 participants of productive age and older adults. The activities included interactive health education on hypertension and diabetes mellitus prevention, demonstrations on reading Nutrition Facts Labels (Informasi Nilai Gizi/ING), and the provision of educational posters and a commitment board to Posyandu cadres. Participants' knowledge was assessed using five questions administered before and after the educational session. Data were analyzed descriptively, and differences in knowledge scores were evaluated using the Wilcoxon signed-rank test.

Results : The mean knowledge score increased from 54.71 before the intervention to 90.58 after the intervention, representing an improvement of 35.87 points. The Wilcoxon signed-rank test showed a statistically significant difference between pre-test and post-test scores ($Z = -4.755$; $p < 0.05$). Of the 34 participants, 29 improved their scores, two experienced a decrease, and three showed no change. The greatest improvements concerned knowledge of sugar, salt, and fat (GGL) and the importance of reading nutrition labels.

Conclusion/Lesson Learned : The SEHATI Program improved participants ' short-term knowledge of hypertension and diabetes mellitus prevention, particulary regarding healthy food choices, GCL consumption, and nutrition label interpretation. The results indicate that interactive health education combined with practical demonstrations can support community health promotion. However, further monitoring is needed to determine whether improved knowledge leads to sustained changes in dietary behavior and h

Keyword : SEHATI Program; diabetes mellitus; health education; nutrition labels; healthy food choices