ABSTRACT

Strengthening NCD Prevention Education and Health Screening for Healthy Living in Manunggal Jaya Village

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Background : Non-communicable diseases (NCDs) burden Indonesian healthcare. In Manunggal Jaya Village, a community diagnosis identified hypertension as the leading NCD and a lack of routine health checks.

Objective : To evaluate an integrated education and screening model for NCD prevention and identify factors associated with blood pressure category.

Research Methods/ Implementation Methods : A cross-sectoral pre-test–post-test intervention was conducted on 18 July 2026 with primary care staff and Posyandu cadres. Forty-seven adults (aged 18–59 years) received NCD education and screening of body mass index (BMI), waist circumference, blood pressure, glucose, cholesterol, and uric acid, recorded in the national health surveillance system. Ordinal logistic regression examined factors associated with blood pressure category (BMI, sex, glucose).

Results : Screening revealed a high hidden NCD burden: 70.2% obese, 61.7% prehypertension, 19.1% hypertension, and 87.2% elevated cholesterol. Mean knowledge score rose from 73.83 to 81.91, and awareness of routine early detection increased from 51.1% to 76.6%. The ordinal model fitted well ($p = 0.633$) but was marginally significant ($p = 0.053$; Nagelkerke $R^2 = 0.172$). Only BMI was significant (odds ratio [OR] = 2.05; 95% CI 1.14–3.70; $p = 0.017$); sex ($p = 0.573$) and glucose ($p = 0.257$) were not.

Conclusion/Lesson Learned : Integrated education and screening increased knowledge and awareness and uncovered hidden NCD risk; BMI was the only factor associated with blood pressure category. Weight management should be prioritized. Local governments should formalize this model in village health policies, using village funds (Dana Desa) and data linkage with primary care follow-up.

Keyword : non-communicable diseases; health policy; preventive care; community screening; primary health care