ABSTRACT

Strengthening Balanced Nutrition Knowledge Through GEMAR GIZI: A Community-Based Intervention among Health Volunteers in Indonesia

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Limited understanding of balanced nutrition remains a challenge for community-based health promotion. A preliminary survey of 82 households in Loa Ulung Village, Indonesia, identified knowledge gaps, positioning community health volunteers as priority targets for capacity building.

To assess immediate changes in balanced nutrition knowledge following the GEMAR GIZI (Community Nutrition Awareness Movement) intervention.

A single-group pre–post educational intervention was conducted on July 11, 2026, among 30 Posyandu (integrated health post) volunteers in East Kalimantan, Indonesia. Participants attended interactive lectures and discussions supported by visual presentations and printed and digital leaflets. Topics included balanced diet principles, Isi Piringku (My Plate), essential nutrients, and healthy living practices. Knowledge was assessed immediately before and after the session using a five-item questionnaire and analyzed using the Wilcoxon signed-rank test.

Correct responses increased from 76.0% (114/150) to 82.7% (124/150), a 6.7-percentage-point gain. Mean scores rose from 3.80 to 4.13 out of five ($Z = -2.101$; $p = 0.036$). Improvements were observed in handwashing and micronutrient knowledge. However, understanding of Isi Piringku food proportions remained unchanged at 20.0% correct.

GEMAR GIZI was associated with a statistically significant but modest immediate improvement in volunteers' nutrition-related knowledge. The persistent gap in understanding dietary proportions highlights the need for practical plate demonstrations, reinforcement sessions, and longer-term evaluation of knowledge retention and community-level application

Keyword : Balanced nutrition; Community health volunteers; Nutrition education; Nutrition knowledge; Indonesia