

Empowering Aspects for Healthy Food: Mother's Experiences to Combat Stunting in Rural Community

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Background: Women's empowerment for healthy food was a strategy to combat stunting children.

Objective: To determine the effect of empowering mothers on aspect knowledge, attitude, and skill of healthy food to prevent stunting children.

Method: This was an experimental study with pre-post test design to know the increasing of knowledge and attitude, also one-shot case study to know the mother's skill. Empowerment was provided by three days of education on how to manage healthy food. Knowledge and attitude were full filled with a structure questionnaire pre and post-intervention, while the skill was observed by checklist post-intervention. Subjects were 30 mothers in rural locus stunting in KulonProgo Regency. The results were analyzed by wilcoxon test.

Results: The empowering mothers increase score mean of knowledge and attitude as many as 9.7 and 14.3 ($p=0.0001$) respectively. Also, 80% of them had excellent skills after an intervention.

Conclusion: Empowerment increased knowledge and attitudes mother's on aspect healthy food, most of them had an excellent skill. Keywords: stunting, empowerment, mother, healthy food
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