

EDUCATION ON THE BENEFITS OF AVOCADO AS A LOCAL NUTRITIOUS FOOD FOR TODDLERS IN MERAH PUPUK VILLAGE, SUB-DISTRICT ATU LINTANG, CENTRAL ACEH REGENCY

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ABSTRACT

Nutritional problems commonly experienced by toddlers in Indonesia include stunting, undernutrition, and severe malnutrition. These conditions negatively impact toddlers, both in the short and long term. In 2024, there were 434 cases of undernutrition and 9 cases of severe malnutrition in Central Aceh Regency. One of the sub-districts with the highest incidence of undernutrition and severe malnutrition is the Atu Lintang District. Merah Pupuk Village has a high incidence of undernutrition and severe malnutrition. In 2023, there were 7 cases of undernutrition and 1 case of severe malnutrition in this village. While this village produces avocados, they are not used as supplementary food for toddlers. The goal of this activity was to increase public awareness of the health benefits of avocados and to learn how to properly process avocados to improve nutrition for toddlers.

The activity was held on Saturday, June 20, 2026, from 9:00 AM to 1:00 PM in Merah Pupuk Village, Atu Lintang District, Central Aceh Regency. The event was attended by 63 participants, including village heads and officials, village cadres, mothers of toddlers, midwifery students from the Central Aceh Department of Health, and the community service team. The event began with an opening speech by Reje, followed by counseling, demonstrations of avocado juice and avocado pudding making, and the handover of 43 blenders to the mothers of toddlers. The event went smoothly, with the mothers gaining increased knowledge about the benefits of avocados, and they promised to make avocado juice every day for their toddlers using the blenders provided.

Kata Kunci: Alvocado, Local nutritious Food, Merah Pupuk village, Sub-District Atu Lintang

INTRODUCTION

Central Aceh Regency is one of 23 regencies/cities in Aceh Province. This regency is located in the Gayo Highlands. Central Aceh Regency has 14 subdistricts, comprising 295 villages¹. According to data from the Central Aceh Regency Statistics Agency, the population of this regency, based on the 2020 census, was 223,000.² One of the health problems in this regency is the persistently high number of cases of malnutrition and

severe malnutrition in toddlers.³

According to the Ministry of Health (Kemenkes RI), undernourished toddlers are characterized by thinness, body weight below the 2nd percentile, and/or arm circumference of 11.5-12.5 cm in children aged 6-59 months. Meanwhile, severe malnutrition is a nutritional condition of toddlers characterized by very thin conditions, accompanied or not by edema on both insteps, body weight according to body length, or body weight

compared to height of less than -3 standard deviations, and/or upper arm circumference of less than 11.5 cm in children aged 6-59 months ⁴.

Malnutrition and poor nutrition negatively impact toddlers, both in the short and long term. Some negative impacts of malnutrition include a weakened immune system, making individuals susceptible to infectious diseases such as diarrhea, coughs, colds, and pneumonia. It can also lead to impaired physical growth, impaired brain development, increased risk of non-communicable and infectious diseases, and even increased risk of death.⁵

According to data from the Central Aceh District Health Office, there were 434 cases of malnutrition and 9 cases of severe malnutrition in toddlers in Central Aceh Regency in 2024. One of the sub-districts with the highest number of cases of malnutrition and severe malnutrition is Atulintang District ⁶. Atulintang District covers an area of 82.5 km² and comprises 11 villages. The population of Atulintang District in 2023 was 7,650. One of the health problems in this sub-district is the persistently high incidence of malnutrition and severe malnutrition among toddlers. While almost 90% of the population is farmers. One of the villages with a high incidence of malnutrition and severe malnutrition is Merah Pupuk ⁷.

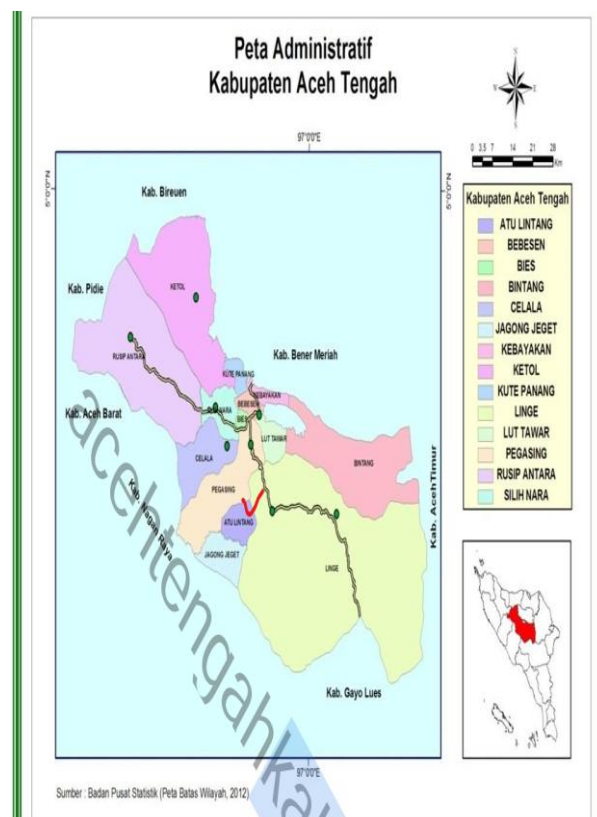


Figure 1: Administrative Map of The Central Aceh Regency

Merah Pupuk Village is located in Atulintang District, Central Aceh Regency, with an area of 105 hectares, a population of 472 people, and 128 families. There are 241 men and 231 women. The distance from Merah Pupuk Village to the District Capital is approximately 0.5 km, and to the Regency Capital is 30.5 km. The educational level of residents aged 15 or older is generally junior high school. Almost 90% of the population of Merah Pupuk Village are farmers. In addition to farming rice, most farmers also grow coffee. ⁸. Coffee is the main crop in this village, along with bananas and avocados ⁷.

Based on data from the Atulintang Community Health Center (Puskesmas) in 2023, several common health problems

in Merah Pupuk village are KEK (Emergency Ministry of Health) and anemia in pregnant women, ARI (Respiratory Infection) in toddlers, and malnutrition in toddlers (7 cases) and severe malnutrition in toddlers (1 case). Management of malnourished and undernourished toddlers has been in accordance with the technical guidelines for malnourished and undernourished toddlers from the Puskesmas, namely the provision of supplementary feeding (PMT). There are no other interventions.

Meanwhile, the Atu Lintang sub-district and the Merah Pupuk village are agricultural areas, and avocados are one of the agricultural products. Nearly every household has an avocado tree. The avocado harvest is usually sold rather than consumed at home. Therefore, the use of this local food is still suboptimal for the community.

Community Service, or Pengabmas, is the second pillar of the Tri Dharma of Higher Education, requiring lecturers to apply science and technology directly to communities outside the campus. In this regard, six lecturers at the Aceh Ministry of Health Polytechnic (Poltekkes Kemenkes Aceh) conducted a community service program on the use of avocados to improve toddlers' nutrition. The goal of this community service activity was to increase public awareness of the health benefits of avocados and of proper processing to improve nutrition for toddlers who consume them.

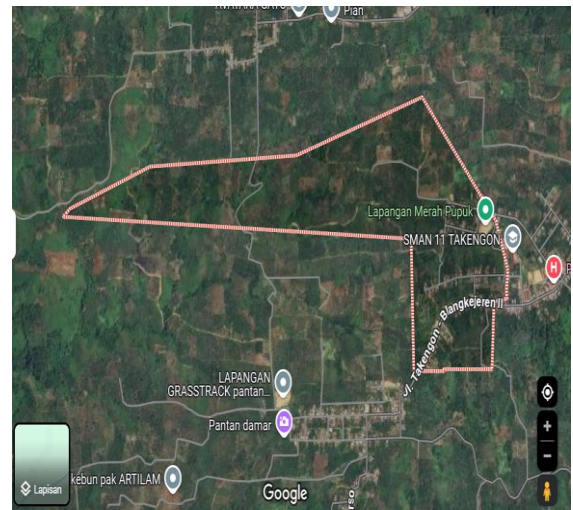


Figure 2: Merah Pupuk Village, Sub-district Atu Lintang , Central Aceh Regency

METHOD

The implementation method for this community service activity consists of:

- a. A pre-test on the benefits of avocados and how to process them. Participants: mothers with toddlers and integrated health post (Posyandu) cadres. The goal is to determine the extent to which the community understands the benefits of avocados and how to properly process them.
- b. Counseling on the benefits of avocados for toddlers:
- c. Demonstration of how to make avocado juice properly for toddlers.
- d. Demonstration of how to make avocado pudding.
- e. Handing over blenders to mothers of toddlers as an investment activity

IMPLEMENTATION OF ACTIVITIES AND DISCUSSION

a. Implementation of Activities

This avocado education activity was held on Saturday, June 20, 2026, in Merah

Pupuk Village, Atu Lintang District, Central Aceh Regency. The activity ran from 9:00 AM to 1:00 PM WIB.

The event was attended by Reje (Village Head), the Village Secretary, community leaders, PKK (Family Welfare Movement) members, village midwives, integrated health post (Posyandu) cadres, mothers with toddlers, D3 Midwifery students from the Central Aceh Department, and the entire community service team. There were 63 participants. Activity Procedures:

- Opening by Reje of the Village
- Prayer by the religious leader of the Village
- Introduction of the community service team and the purpose of the activity by the head of the team: Barirah Madeni, SST, M.kes
- Pre-test: to assess participants' knowledge of the benefits of avocado for toddlers and proper processing methods, led by team member, Nizan Mauyah S.Si.T, M.Kes
- Counseling on the benefits of avocado consumption to improve nutrition in toddlers by Lisni, SST, M.Kes
- Demonstration of how to properly make avocado juice and its health benefits based on research findings by Selvia Zuhra Putri, SST, M.Kes.
- Demonstration of how to make avocado pudding by Satrinawati, S.Sit, M.Kes, Ph.D
- Post-test: to assess participants' knowledge of the benefits of avocado for toddlers and proper processing methods, conducted by the Community Service Team

- Distribution of 43 blenders to each mother of toddlers, with the aim of making avocado juice easier for mothers (this is an investment from the community service team).

The counseling content on the health benefits of avocados includes: the nutrients they contain, their health benefits, the benefits for toddlers, and how to properly process avocados to maintain their nutritional value.

The activity then continued with a demonstration on how to properly make avocado juice for its health benefits. The method for making avocado juice per serving is as follows: 100 grams of avocado (peeled flesh), 20 grams of granulated sugar, and 75-100 ml of boiled/mineral water; blend until smooth.

Then, a demonstration of making avocado pudding was carried out. Blend 100 grams of avocado. Then, cook 1 packet of agar-agar, and add 50 grams of granulated sugar or 50 ml of creamer. Once the agar-agar has boiled, pour it into a mold and top with the blended avocado. Once cooled, the avocado pudding is ready for toddlers to consume.

b. Discussion

The conclusions from the pre-test and post-test results include: Pre-test: Generally, participants were unaware of the benefits of avocado for toddlers, and rarely prepared avocados for toddlers. Post-test: Nearly 80% of participants were already familiar with the health benefits of avocados for toddlers and knew how to

make avocado juice properly to improve their nutrition.

In addition to the pre-test and post-test results, the team also obtained the following information regarding avocado consumption:

- People rarely consume avocados, even though almost every household has avocado stems. Avocados are generally sold. People said they are tired of eating avocados.
- Avocados are usually eaten raw (without juicing). If avocados are made into juice, they are often added with sugar or milk. This is because it tastes better.
- People rarely make avocado juice because they don't have a dedicated blender. They usually use the blender they have available for various purposes.
- People don't think about processing avocados into food.
- Avocados aren't always available, depending on the season.
- People have never received any education or outreach about the health benefits of avocados.

Based on the pretest-posttest results and interviews with the community, it can be concluded that the use of avocados for toddler health has not been implemented. This is because the community lacks understanding of the benefits of avocados for toddler health, and toddlers rarely consume avocados.

People usually consume avocados raw, without any added ingredients, or make juice with added sugar and creamer. This

type of processing quickly becomes boring. Furthermore, because this area is an agricultural zone, many agricultural products can be used as food supplements, such as sweet potatoes, oranges, pineapples, durian, etc., so avocados are not frequently consumed.

Socialization and education on the health benefits of avocados in this fruit-producing area must be regularly conducted. The community must also be trained to process avocados so that this fruit can become a daily food for the community, especially toddlers.

CONCLUSION

The activity was held on June 20, 2026, from 9:00 AM to 1:00 PM WIB. A total of 63 participants attended. After the activity, it was concluded that the community had not fully understood the benefits of avocados for toddler health. Following the education and demonstration, the community gained a better understanding of the benefits of avocados for toddler health and how to properly process avocados for health and to increase children's appetite. Mothers of toddlers promised that, once the blenders were distributed, they would make avocado juice more often for their toddlers.

ACKNOWLEDGEMENTS

We would like to express our gratitude to the Poltekkes Kemenkes Aceh for funding this activity. We also extend our gratitude to Reje, the village head of Merah

Pupuk, the village officials, and the midwife who granted permission and facilitated this community service activity. We also extend our thanks to the mothers of toddlers who attended the activity.

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DOCUMENTATIONS



Figure 3: Opening of Activities by Reje of Merah Pupuk Village



Figure 5: Counseling on the benefits of avocado for toddlers was conducted by Lisni, S.ST, M.Kes



Figure 4: Pretest and Posttest led by Nizan Mauyah, S.Si.T, M.Kes



Figure 6: Demonstration of how to make avocado juice by Selvia Zuhra Putri, SST, M.Kes, and assisted by a midwifery student



Figure 7: Demonstration of making avocado pudding by Satrinawati, S.Sit,M.Kes, Ph.D



Figure 9: The 43 Blender unit that will be handed over by the service team to the mother of a toddler



Figure 8: Symbolic handover of a blender to a toddler's mother, carried out by Reje from Merah Pupuk village



Figure 10: Group photo of some of the participants