



# FIKES UPNVJ Conducts Maternal and Child Health Counseling

Monday, 23 December 2024 11:43 WIB



**HumasUPNVJ** - Saturday, November 9, 2024 - The Faculty of Health Sciences of the National Development University "Veteran" Jakarta (FIKES UPNVJ) also contributed to the Work Program of the Student Executive Board of the National Development University "Veteran" Jakarta (BEM UPNVJ), namely *Sustainable Village 2024* by holding health counseling focused on Maternal and Child Health (KIA) for the people of Kampung Cijantur, Bogor. FIKES UPNVJ focused its activities on Mothers and Children in Kampung Cijantur seeing the results of the survey which showed the high number of women who marry early.

"During the first survey, many young mothers aged 20 years old already had 4 children, residents in this village were already married at the age of 12," said BEM FIKES UPNVJ. KIA counseling in Cijantur Village was carried out using posters and *leaflets*, where BEM FIKES UPNVJ collaborated with the Rumpin District Health Center regarding consultations. The topics presented in the KIA Counseling focused on anemia, high-risk pregnancy factors (4T), as well as stunting prevention and the implementation of Clean and Healthy Living Behavior (PHBS).

The KIA counseling showed the situation and health conditions of pregnant women in Cijantur Village. The majority of pregnant women and children in the village still consider high-protein foods to be expensive, in addition, children also experience malnutrition due to the influence of their mother's diet. The counseling team hopes that the community can improve healthy eating patterns that do not have to be expensive, and be more sensitive to the existence of 4T. In addition, BEM FIKES UPNVJ also monitored that the risk of early marriage is very high for physical health, especially the uterus. If the bride and groom are too young, the uterus they have is not strong, likewise if the bride and groom are too mature, it will affect the weakness of the uterus they have. Even so, the components of the Cijantur Village community who participated in the counseling were very enthusiastic and understood the points of the presentation that had been given.



Regarding PBHS, the extension team emphasized behaviors that need to be applied in daily life such as keeping the bathroom or toilet clean. Poor toilet hygiene can be a risk for cholera, hepatitis A, and others. The extension team also invited community components to diligently wash their hands and stop smoking to realize PBHS.



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