

Summary of Community Engagement

Community service activities were carried out in the form of education on the importance of the First 1000 Days of Life in improving the health and nutrition status of children in the Sidomulya Health Center, Kabupaten Tulungagung. The partner in this activity is the Sidomulya Health Center, Kabupaten Tulungagung, with the target being pregnant women and mothers of toddlers who come to the Posyandu in the Sidomulya Health Center. The location of the activity was chosen in Sidomulyo village because the Sidomulya Health Center is one of the health centers in Kabupaten Tulungagung where nutritional and health problems, especially in toddlers, can be prevented through educational activities provided through Posyandu activities. The solution carried out in community service activities is to provide education on the First 1000 Days of Life to parents of toddlers, specifically mothers who visit Posyandu. The purpose of community service activities is to increase the knowledge of parents of toddlers about the First 1000 Days of Life and good nutritional behavior changes so that they can improve the health and nutrition status of children. The benefits of this activity are that parents, especially pregnant women and mothers of toddlers, know the importance of the First 1000 Days of Life to prevent nutritional problems in toddlers and improve the health and nutrition status of children. The expected output of community service activities is the publication of articles in community service journals and leaflets.

Keyword: Knowledge, Mother, Posyandu, Child Growth and Development