



Implementation of Posyandu and Posbindu for the Health and Welfare at Bintaos, Gunung Kidul

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ABSTRACT

The implementation of the Posyandu Balita (Integrated Health Services for Toddlers) and Posbindu Lansia (Integrated Health Services for the Elderly) in Padukuhan Bintaos, Sidoharjo, Tepus, Gunung Kidul, as part of a community service program during the Community Service Program (KKN), aimed to improve community health and welfare through integrated health services. The program included routine health check-ups, monitoring of toddlers' growth and development, nutritional education, promotion of a healthy lifestyle, and prevention of non-communicable diseases among the elderly. Activities were conducted using a participatory approach, involving local health cadres to ensure program sustainability. Post-program surveys and evaluations indicated increased community awareness of the importance of preventive healthcare, with participation rates of toddlers and elderly individuals reaching 85% of the target population. Posyandu Balita effectively identified and addressed early growth and development issues, while Posbindu Lansia improved elderly access to healthcare services. The program's success factors included collaboration with health cadres and educational approaches tailored to local community needs. These results suggest that consistent implementation of Posyandu Balita and Posbindu Lansia can serve as a strategic solution to enhance the quality of life in rural communities. However, challenges such as limited healthcare facilities and the need to improve cadre competencies must be addressed to optimize future implementations.

Pelaksanaan Posyandu Balita dan Posbindu Lansia di Padukuhan Bintaos, Sidoharjo, Tepus, Gunung Kidul sebagai salah satu program kerja kelompok dalam kegiatan Kuliah Kerja Nyata (KKN), bertujuan untuk meningkatkan kesehatan dan kesejahteraan masyarakat melalui pelayanan kesehatan terpadu. Program ini melibatkan pemeriksaan kesehatan rutin, pemantauan tumbuh kembang balita, penyuluhan gizi, dan pola hidup sehat, serta pencegahan penyakit tidak menular pada lansia. Kegiatan dilakukan dengan pendekatan partisipatif, melibatkan kader kesehatan lokal untuk memastikan keberlanjutan program. Survei dan evaluasi pasca-program menunjukkan peningkatan kesadaran masyarakat akan pentingnya kesehatan



preventif, dengan tingkat partisipasi balita dan lansia mencapai 85% dari total sasaran. Posyandu Balita berhasil mendeteksi dan menangani masalah tumbuh kembang secara dini, sementara Posbindu Lansia meningkatkan akses lansia terhadap pelayanan kesehatan. Faktor keberhasilan program meliputi kerjasama dengan kader kesehatan dan pendekatan edukasi yang berbasis kebutuhan masyarakat lokal. Hasil ini mengindikasikan bahwa pelaksanaan Posyandu Balita dan Posbindu Lansia secara konsisten dapat menjadi solusi strategis untuk meningkatkan kualitas hidup masyarakat pedesaan. Namun, tantangan seperti keterbatasan fasilitas kesehatan dan perlunya peningkatan kompetensi kader tetap perlu diperhatikan untuk pelaksanaan yang lebih optimal di masa mendatang.

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A. INTRODUCTION

Public health services are one of the strategic efforts to improve the quality of life of the community, especially for vulnerable groups such as toddlers, the elderly, and communities with certain health risks. Health is one of the important aspects in improving the quality of the community life (Budiono & Rivai, 2021), especially in rural areas that often face limited facilities and access to health services. Posyandu Balita (Integrated Service Post for Toddlers) is present as a government effort to reduce the stunting rate, which remains a major health issue in Indonesia (Setyorini et al., 2023). Stunting, caused by a lack of nutritional intake during the growth period, significantly impacts a child's physical and cognitive development. With services such as growth monitoring, immunization, and nutritional education, Posyandu Balita plays a frontline role in the prevention and management of stunting at the community level. Integrated Service Post (Posyandu) and Integrated Development Post (Posbindu) are two public health programs designed to support this goal. Posyandu focuses on health services for toddlers and mothers, while Posbindu emphasizes the prevention and control of non-communicable diseases (NCDs) for adult and elderly groups to improve health standards, especially among the elderly (Prihartini, 2020).

Posyandu is a form of community-based health service that integrates promotive and preventive efforts. According to the Indonesian Ministry of Health, Posyandu has five main programs, namely maternal and child health, family planning, immunization, nutritional status monitoring, and prevention and management of diarrhea (Lailida et al., 2021). The simultaneous toddler Posyandu aims to increase the coverage of toddler health services in a region comprehensively at the same time. Activities that are usually conducted include weighing, measuring height, health examinations, immunisations, and nutrition counselling.

Stunting is one of the complex health issues and a major concern in developing countries like Indonesia, particularly in Gunung Kidul, including in Padukuhan Bintaos. This condition is characterized by a height that is significantly shorter than the standard for children of the same age, caused by chronic malnutrition that persists over a long period, especially during the first 1,000 days of life — from pregnancy until the child is two years old (Hasanah et al., 2023). The main causes of stunting are rooted in various interrelated factors, including maternal malnutrition during pregnancy, improper parenting practices, poor sanitation, poverty, and limited access to healthcare services (Komalasari, 2020). Pregnant women



experiencing malnutrition tend to give birth to low birth weight (LBW) babies, who are at high risk of experiencing growth disorders in the future. In addition, children who do not receive adequate nutrition after birth, such as protein, iron, vitamins, and minerals, are at high risk of experiencing stunting. Inadequate parenting, especially in providing exclusive breastfeeding for the first six months and nutritious complementary foods until the age of two, is also an important factor that worsens the condition.

Unhealthy environments and poor sanitation, such as a lack of access to clean water and sanitation facilities, significantly contribute to the occurrence of stunting. Children living in such conditions are susceptible to gastrointestinal infections, such as diarrhoea, which can disrupt nutrient absorption. Repeated infections, including worm infestations, worsen the child's health condition and cause growth impediments. On the other hand, poverty is one of the fundamental causes of stunting, as low-income families often struggle to meet the nutritional needs, access healthcare services, and create an environment that supports child growth and development (Duana et al., 2022). Economic inequality also impacts the lack of education about health and nutrition, thereby exacerbating the risk of stunting. Moreover, the inability of families to access basic health services, such as immunization, pregnancy check-ups, and child growth monitoring, also poses an obstacle to preventing stunting, especially in remote areas with minimal healthcare facilities.

Stunting not only affects a child's physical health but also their cognitive, emotional, and social development. Children who experience stunting tend to have lower cognitive abilities and learning capacities compared to children with optimal growth and development. This condition can affect academic performance, future work productivity, and the chances of breaking the cycle of poverty. Furthermore, stunting has long-term health impacts, as stunted children are at a higher risk of developing chronic diseases such as diabetes and hypertension later in life. Therefore, the prevention and handling of stunting become a priority in efforts to improve public health.

In this context, the Posyandu Balita program plays a very important role in addressing the issue of stunting (Novianti et al., 2021). Posyandu Balita is a community-based health service that focuses on monitoring child growth and development as well as educating parents. Through these activities, children receive regular monitoring of their height, weight, and arm circumference to detect nutritional problems early. Posyandu also serves as a means to provide immunisations, vitamin A, and nutritious supplementary feeding (PMT), which are designed to improve children's nutritional status. In addition, Posyandu provides education to parents, especially mothers, about the importance of exclusive breastfeeding, balanced complementary feeding, and clean and healthy living practices. With a holistic approach, Posyandu not only plays a role in preventing stunting but also in raising public awareness about the importance of a healthy lifestyle and an environment that supports children's growth and development.

The Posyandu Balita program also serves as a place to detect risk factors that can cause stunting, such as infections or certain medical conditions that require further treatment. In certain cases, children identified as at risk of stunting can be referred to more comprehensive healthcare facilities for appropriate interventions. With programs like Posyandu, efforts to prevent and reduce stunting can be carried out more effectively, especially in areas with limited access to healthcare services. Therefore, the sustainability and improvement of the quality of Posyandu for toddlers are very important to support the achievement of national health targets and to enhance the life quality for children in the future.

Toddlers are a very vulnerable age group to health issues such as malnutrition, infectious diseases, and growth disorders (Tahar, 2021). Therefore, Posyandu becomes the frontline in early detection of toddler health issues and providing appropriate interventions.



Additionally, through synchronized Posyandu, the community can become more involved in efforts to maintain the health of their children. The existence of Posyandu also supports the Sustainable Development Goal (SDG) 3, which is to ensure healthy lives and promote well-being for all at all ages. Thus, the role of health cadres in the implementation of toddler Posyandu is crucial considering the importance of the benefits of toddler health quality for their future survival (Al Faiqah & Suhartatik, 2022).

Posbindu, or Integrated Development Post, is a health service aimed at preventing and controlling non-communicable diseases (NCDs) such as diabetes, hypertension, heart disease, and gout (Rahayu et al., 2021). The main focus of Posbindu is the early detection of NCDs risk factors in adults and the elderly through health screenings. Posbindu activities include blood pressure measurement, blood sugar testing, weight measurement, waist circumference measurement, and health lifestyle counselling. NCDs, such as diabetes, high cholesterol, gout, and hypertension have become common health issues among the elderly and significantly impact their quality of life (Apriyan et al., 2020). Type 2 diabetes mellitus, for example, is a condition caused by insulin resistance or inadequate insulin production, resulting in high blood sugar levels. If not detected early, diabetes can cause serious complications such as kidney damage, vision impairment, nerve damage, and an increased risk of heart disease and stroke. High cholesterol, or hyperlipidaemia, is another issue that can trigger the formation of plaques in blood vessels, increasing the risk of atherosclerosis, coronary artery disease, and stroke. Hypertension, often referred to as the “silent killer”, is also common among the elderly due to age factors and decreased blood vessel elasticity. If not properly managed, hypertension can lead to complications such as heart failure and stroke (Wiranto et al., 2023). Additionally, high uric acid or hyperuricemia often causes joint pain and has the potential to trigger kidney stone formation if not managed promptly (Olfah, 2024).

Early detection is an important step in the prevention and management of these diseases. With routine examinations such as blood pressure measurement, blood sugar levels, cholesterol, and uric acid, the early signs of NCDs can be recognised before they develop into serious complications. For example, blood sugar control through dietary regulation, exercise, and antidiabetic medication can prevent chronic complications in diabetes patients. Similarly, cholesterol control through a low-saturated fat diet and medication, as well as hypertension management with a low-salt diet and drug therapy, can help prevent the risk of cardiovascular disease. For gout, a diet that avoids high-purine foods and adequate hydration is very important in managing uric acid levels in the blood.

In addition to helping prevent complications, early detection also provides significant benefits for the elderly in maintaining their independence and quality of life. By knowing their health condition early on, the elderly can better understand the steps that need to be taken to maintain their health, including lifestyle changes and adherence to medication. Health programs such as Posbindu Lansia play an important role in providing early detection services and health education, so that the elderly can live healthier and more productive lives. With proper early detection, the risk of PTM complications can be minimised, and their lives can continue to improve significantly.

The elderly are a group that requires special attention because ageing is often accompanied by various health problems (Amalia et al., 2022). Through Posbindu, the community can obtain affordable, accessible, and community-based health services. In addition, education on healthy eating, physical activity, and stress management is also provided to help the elderly lead a healthier and higher quality of life.

The simultaneous implementation of toddler Posyandu and Posbindu provides strategic benefits in enhancing the efficiency and effectiveness of public health services. By integrating these two services, people from various age groups can be served at the same time and place,



thereby minimizing access barriers such as distance and time. This synergy also encourages public awareness of the importance of maintaining health from early childhood to old age.

B. METHODS

The service method applied for Posyandu and Posbindu programs in Padukuhan Bintaos is designed systematically, with the following stages:

- a) Understanding needs: Understanding community needs based on situations and conditions in community life

Padukuhan Bintaos, located in the Sidoharjo area of Tepus, Gunung Kidul, presents several serious challenges in the field of public health, particularly concerning the conditions of toddlers and the elderly. One of the main issues found is the high incidence of stunting among toddlers (Fitriahadi et al., 2023). Stunting, which is a condition of growth failure due to chronic malnutrition, was detected in several families who reported that their children were experiencing growth that did not meet age standards. This indicates a lack of fulfillment of toddlers' nutritional needs and a minimal understanding in the community about the importance of a balanced diet and monitoring child growth and development. In addition, the health condition of the elderly in Padukuhan Bintaos is also quite concerning. Many elderly people in this area suffer from non-communicable diseases such as hypertension, diabetes, and high cholesterol, but do not receive adequate treatment. Access to healthcare services for the elderly is also limited, with a lack of sustainable preventive programs to manage disease risks and maintain their quality of life (Rosnah et al., 2024). Moreover, the high cost of check-ups and the lack of subsidies from other parties make residents reluctant to undergo regular examinations.

This issue is exacerbated by the low level of community participation in existing health activities, including the Posyandu program which was previously carried out sporadically. Local health cadres revealed that one of the main obstacles is the lack of public awareness about the importance of preventive health and minimal support for ongoing programs. Field observations also indicate that local health facilities have not been utilized to their full potential, making the need for more focused and sustainable services very urgent. Based on these conditions, Posyandu for toddlers and Posbindu for the elderly are seen as strategic solutions to address these issues. This program is expected not only to address health complaints but also to raise public awareness about the importance of a healthy lifestyle, especially for vulnerable groups such as toddlers and the elderly.

- b) Urgency assessment: Consideration of the urgency of implementing the work program and its benefits for the community

Consideration of the urgency of implementing the Posyandu and Posbindu work programs serves to identify and address pressing health issues in the community, especially among vulnerable age groups, such as toddlers experiencing stunting and the elderly with various non-communicable diseases that have not been well managed. This urgency arises due to a gap in the community's understanding of the importance of regular health check-ups, balanced diets, and disease prevention. This program aims to provide preventive and sustainable health services, which can help prevent more serious diseases in the future, as well as improve access to limited healthcare facilities in the area. In addition, this program also has an educational function to raise public awareness about the importance of health and encourage them to be more active in maintaining their own and their family's health. With the presence of Posyandu and Posbindu programs, it is hoped that they can create a sustainable positive impact on the quality of life of the community, especially in improving the health status of toddlers and the elderly.



- c) Information gathering: Collecting information from sources to ensure needs and determine implementation techniques

The function of gathering information from sources is to ensure that the program designed meets the real needs of the community and can be implemented effectively. Information gathering is conducted through interviews, surveys, and discussions with relevant sources, such as health cadres, community leaders, and residents who are the target of the program. This process aims to gather information about the health issues faced, such as the prevalence of stunting in toddlers or the health conditions of the elderly, as well as to understand the level of public awareness and participation in existing health programs.

The information obtained from the informants is very important for designing the technical implementation of the program, including determining the types of services needed, the most effective outreach methods, and the timing of implementation that is appropriate for local conditions. With comprehensive information gathering, the service team can ensure that the health program implemented is truly relevant to the community's needs and can provide maximum positive impact. In addition, information gathering also helps in identifying potential obstacles that may arise during implementation, so that mitigation measures can be well-planned.

- d) Survey: Exploration of public opinion on interest and needs related to access and health facilities

A survey to gauge public opinion on interest and needs related to access and health facilities is conducted to gain a deeper understanding of the community's perception of available health services, as well as to determine their level of need for existing health facilities. This survey aims to gather direct information from residents about the health issues they face, the extent to which they are aware of and utilize available health services, and the obstacles they encounter in accessing these services.

Through surveys, the service team can identify areas that require special attention, such as the lack of healthcare facilities in certain regions, low understanding of the importance of regular check-ups, or limitations in the utilization of existing health programs. The results of this survey will provide a clear picture of the community's priorities and help in designing health programs that are more aligned with their needs, as well as increasing citizen participation in health activities. Thus, the survey serves as a tool to adjust the implementation of programs to real conditions and ensure that the efforts made can effectively address the community's health needs.

- e) Socialisation: Socialisation of work program implementation and education on the importance of health for quality of life and community welfare

Socialisation of the implementation of work programs and education about the importance of health for the quality of life and community welfare is carried out to ensure that the community understands the goals, benefits, and methods of implementing the health programs that will be conducted. This socialisation aims to educate residents about the importance of preventive healthcare, such as routine check-ups, monitoring the growth and development of toddlers, and managing the health of the elderly. Additionally, socialisation also serves as a means to explain how programs like Toddler Posyandu and Elderly Posbindu can improve their quality of life in a more affordable and accessible way.

Through this socialisation, the community is expected to be more actively involved in health programs, to realise the importance of maintaining health from an early age, and to understand the positive impact of a healthy lifestyle on their quality of life. The socialisation also provides an opportunity to address any misunderstandings or misconceptions that may exist among residents regarding the benefits of health programs.



By providing clear and evidence-based information, the socialisation aims to build public trust in the programs to be implemented, as well as to encourage their active involvement in supporting the success of health programs at the community level.

- f) Implementation: Realisation of the work program for toddler posyandu and elderly posbindu

The function of implementing the work program of Posyandu for Toddlers and Posbindu for the Elderly is to directly implement the previously prepared plan, with the aim of improving public health through structured and directed health services. In the implementation stage, this program includes a series of activities such as routine health check-ups for toddlers and the elderly, monitoring the growth and development of toddlers, providing immunisations, and counselling on healthy lifestyles and the prevention of non-communicable diseases for the elderly.

The implementation of the program also involves local health cadres who are trained to support the success of the program and ensure that activities run according to the established standards. In addition, during the implementation, various efforts were made to ensure optimal community participation by providing easy access, schedule reminders, and continuous socialisation to raise residents' awareness of the benefits of this program. Throughout the implementation process, supervision and evaluation were conducted to ensure that the program runs effectively, any issues that arise can be promptly addressed, and the expected outcomes can be achieved in line with the main objective, which is to improve the health and well-being of the community.

- g) Evaluation: Evaluation of Work Program Implementation Results

The function of evaluating the implementation results of the Posyandu Balita and Posbindu Lansia work programs is to assess the extent to which the program's goals and objectives have been achieved, as well as to identify aspects that need improvement to enhance the effectiveness and sustainability of the program in the future. This evaluation is conducted by collecting data from various sources, such as health cadres, program participants, and the health examination results of toddlers and the elderly during the program's implementation.

The evaluation process includes an analysis of the level of community participation, the quality of healthcare services provided, and the resulting impact, such as a decrease in stunting rates among toddlers or an increase in elderly awareness of the importance of preventive health. In addition, the evaluation also looks at the challenges faced during implementation, such as limited facilities, logistical constraints, or lack of participation in certain segments of the community. The results of this evaluation will be used to formulate recommendations for future health programs, as well as to outline the necessary improvement steps to ensure that the health programs conducted can run more optimally and provide greater benefits to the community.

C. RESULTS AND DISCUSSION

The Simultaneous Posyandu Program held in Padukuhan Bintaos on January 13, 2025, aimed to improve public health services, especially for vulnerable groups such as toddlers and the elderly, through the simultaneous implementation of Posyandu and Posbindu. The implementation of activities is carried out with an organised approach and involves various parties to ensure maximum results. Not only does this program benefit the community, but it also serves as a platform for education and collaboration for KKN students to directly engage in community social activities.



Figure 1. Socialisation of Work Programs and Education on the Importance of Health

The simultaneous implementation of Posyandu in Padukuhan Bintaos is divided into two main sessions, namely Posbindu in the morning and Posyandu in the afternoon. In Posbindu session, this activity was attended by around 30 elderly participants who took part in various health examinations. The examinations included blood sugar checks, blood pressure measurements, cholesterol levels, and uric acid levels. These examinations were conducted to detect early signs of health issues commonly experienced by the elderly, such as hypertension, diabetes, cardiovascular diseases, and other metabolic disorders. The KKN group provided significant support by supplying uric acid and cholesterol detection tools, which were previously unavailable in the local healthcare facilities. This support is very helpful in providing more comprehensive healthcare services to the community.

The examination process begins with the registration of participants conducted by health cadres with the assistance of KKN students. After registration, elderly participants are directed to undergo a series of examinations supervised by local health cadres.



Figure 2. Registration of Posbindu Patients

The elderly were checked for blood pressure using a digital sphygmomanometer, followed by blood sugar measurement using a glucometer, and cholesterol and uric acid levels were checked using detection sticks subsidised by the KKN group.



Figure 3. Blood Pressure Check for Posbindu Patients

From the examination results, it was found that most of the elderly participants were in fairly good health. However, there was one participant whose blood pressure and blood sugar levels required further treatment. The participant was then referred to a more comprehensive healthcare facility for treatment and further examination.



Figure 4. Making of Referral Letters to Advanced Health Facilities

The second session is Posyandu, attended by at least 20 toddlers from Padukuhan Bintaos. This activity aims to monitor the growth and development of toddlers while ensuring that their nutritional needs are well met. The examinations conducted include measuring height, weighing body weight, and measuring arm circumference.



Figure 5. Weighing Toddlers Using a Hanging Scale



This measurement was conducted using tools provided by local health cadres. The results of this examination show that the majority of toddlers have good nutritional status, although there are some toddlers who require more attention because their weight is slightly below the ideal standard.



Figure 6. Weighing Toddlers Using a Hanging Scale

In addition to growth and development checks, the toddlers present also received assistance in the form of Supplementary Feeding (PMT). This assistance included food items such as sliced watermelon, boiled eggs, UHT milk, and mung bean porridge, which were directly distributed by health cadres with support from the Sidoharjo village government. PMT can come in various forms, in addition to the mentioned foods, other nutrient-rich foods can also be distributed to toddlers (Kasron et al., 2021). The distribution of PMT aims to help meet the nutritional needs of toddlers, especially for families in need. This assistance is well-received by the parents of toddlers, who feel that the Posyandu program not only provides health benefits but also additional nutritional support that is very helpful.

The simultaneous implementation of Posyandu also provides an opportunity for the KKN group to learn and understand the flow of public health activities. In the Toddler Posyandu, KKN students assist in the registration process, accompany the measurements, and provide guidance to parents of toddlers on the importance of a healthy diet to support child growth. In addition, they also assisted health cadres in recording the health data of toddlers for documentation and follow-up monitoring purposes.

The success of this program is evident from the high enthusiasm of the community in participating in the activities. Out of the total participants, only one elderly person required a referral to the next healthcare facility for further treatment. This shows that the majority of participants are in fairly good health, thanks to the routine efforts carried out through Posyandu and Posbindu. On the other hand, the implementation of Toddler Posyandu successfully recorded fairly positive growth and development data for toddlers, although there are still some children who need more attention regarding their nutritional status. Support in the form of PMT is expected to help improve the nutritional status of toddlers who are still lacking.

This program demonstrates that with a structured approach and cross-party collaboration, Posyandu activities can have a real impact on the community. KKN students not only serve as companions but also become agents of change that add value to the implementation of the



program. With subsidies for medical equipment, labour assistance, and involvement in program evaluation, KKN students have made significant contributions to the implementation of this synchronised Posyandu.

The success of this program is also supported by an independent evaluation conducted by the KKN group together with health cadres. The cadres provided positive feedback, appreciating the involvement of KKN students who have alleviated their workload. In addition, the evaluation results show that the simultaneous Posyandu implementation is quite effective in achieving health service targets. The hope is that this program can continue to be implemented sustainably with full support from the village government, health cadres, and other related parties. Thus, public health, especially for toddlers and the elderly, can continue to be well-maintained and become a priority in health development in the region.

D. CONCLUSION

The implementation of the Posyandu and Posbindu programs in Padukuhan Bintaos shows that both programs have a significant impact on improving the quality of health and well-being of the community, especially for toddlers and the elderly who are vulnerable groups. Posyandu program has made a significant contribution to addressing the issue of stunting by providing regular monitoring of children's growth and development, as well as nutrition counselling that helps parents understand the importance of a balanced nutritious diet for optimal growth. On the other hand, Posbindu is able to improve elderly access to regular health check-ups and provide education on healthy lifestyles, which contributes to the reduction of non-communicable disease risk among the elderly.

Through the implementation of this program, the community has also shown an increase in awareness of the importance of preventive health, such as regular check-ups and a healthy lifestyle, although there are still challenges related to limited healthcare facilities and low participation rates among certain segments of the population. The involvement of local health cadres as strategic partners in the implementation of the program has also proven to be important in ensuring the smoothness and sustainability of the program. However, the evaluation shows that further efforts are still needed to optimise outreach to the residents so that they better understand the importance of regularly participating in health programs.

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F. AUTHOR CONTRIBUTIONS

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