
Community Service Activities On Providing Additional Food For The Elderly At The Village Health Post, Sukaraya Village, Pancur Batu District, Deli Serdang Regency, 2025

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Abstract

The elderly are a vulnerable group at high risk of experiencing nutritional problems due to various factors such as decreased appetite, digestive disorders, and economic and social limitations. Poor nutritional status in the elderly can increase susceptibility to disease and reduce quality of life. This community service activity aims to improve the nutritional status and awareness of the elderly about the importance of consuming nutritious food through the provision of supplementary food (PMT). The activity was carried out at the Village Health Post (Poskesdes) in Sukaraya Village, Pancur Batu District, Deli Serdang Regency in 2025. The methods used included nutrition counseling, simple health checks, demonstrations of making supplementary food from local ingredients, and distribution of PMT consisting of mung bean porridge, biscuits, milk, and fruit. A total of 50 elderly people actively participated in this activity. Evaluation results showed an increase in participants' knowledge about the importance of balanced nutrition and motivation to improve their daily diet. The elderly also said they felt happy and helped by the PMT that could support their daily nutritional needs. This activity not only focused on providing supplementary food but also strengthened education so that the elderly could implement a healthy diet independently. It is hoped that community service activities like this can continue to be carried out sustainably to support promotive and preventive efforts in improving the health status of the elderly and realizing healthy, independent, and productive elderly people.

Keywords: *Elderly, Supplementary Food, Nutrition, Community Service, Sukaraya Village*

INTRODUCTION

The elderly are a population group experiencing a gradual aging process, characterized by a decline in physiological, psychological, and social functions. According to the World Health Organization (WHO), an elderly person is someone aged 60 years and over. As they age, they often experience various health problems, one of which is nutritional issues. Decreased appetite, digestive disorders, dental and oral problems, and economic limitations make the elderly vulnerable to malnutrition. Malnutrition in the elderly can have serious consequences, such as an increased risk of infectious diseases, degenerative diseases (such as hypertension, diabetes mellitus, and heart disease), and reduced quality of life and independence.

In Indonesia, the prevalence of nutritional problems among the elderly remains quite high. According to the 2018 Basic Health Research (Riskesdas) data, approximately 19.6% of elderly people are malnourished. This indicates the need for comprehensive interventions to help them meet their daily nutritional needs. One such intervention is the provision of supplementary feeding (PMT), which aims to increase energy and essential nutrient intake. In addition to improving nutritional status, PMT can also be used as an educational tool to help elderly people understand the importance of consuming a balanced, nutritious diet.

Sukaraya Village, Pancur Batu District, Deli Serdang Regency, is an area with a relatively high elderly population. Initial observations and interviews indicate that many elderly people in this village lack adequate nutrition knowledge, resulting in inadequate dietary

intake. Inadequate protein, vitamins, and minerals in their daily diets are among the risk factors contributing to the deterioration of elderly health.

In an effort to improve the nutritional and health status of the elderly, this community service activity was held at the Sukaraya Village Health Post. The activity aimed to educate the elderly about the importance of balanced nutrition, raise awareness of healthy eating habits, and provide nutritious supplementary foods to help meet their daily nutritional needs. Through this educational approach and direct provision of PMT (Food and Nutrition Supplements), it is hoped that the elderly will adopt better eating habits and improve their quality of life.

This activity is also expected to support the government's program to create healthy, independent, and productive seniors and serve as a model for elderly nutrition interventions in other regions. Through synergy between healthcare workers, cadres, families, and the community, it is hoped that an environment supportive of sustainable improvement in the nutritional status of the elderly will be created.

This community service activity is expected to increase the knowledge and awareness of the importance of nutrition among seniors, while also helping them meet their nutritional needs. It is also hoped that this activity will improve the quality of life of seniors in Sukaraya Village, allowing them to remain healthy, independent, and productive in their daily lives.

RESEARCH METHODS

This community service activity was implemented using a participatory approach through education, demonstrations, and direct provision of supplementary food (PMT) to the elderly. The activity took place at the Sukaraya Village Health Post, Pancur Batu District, Deli Serdang Regency, from June to July 2025.

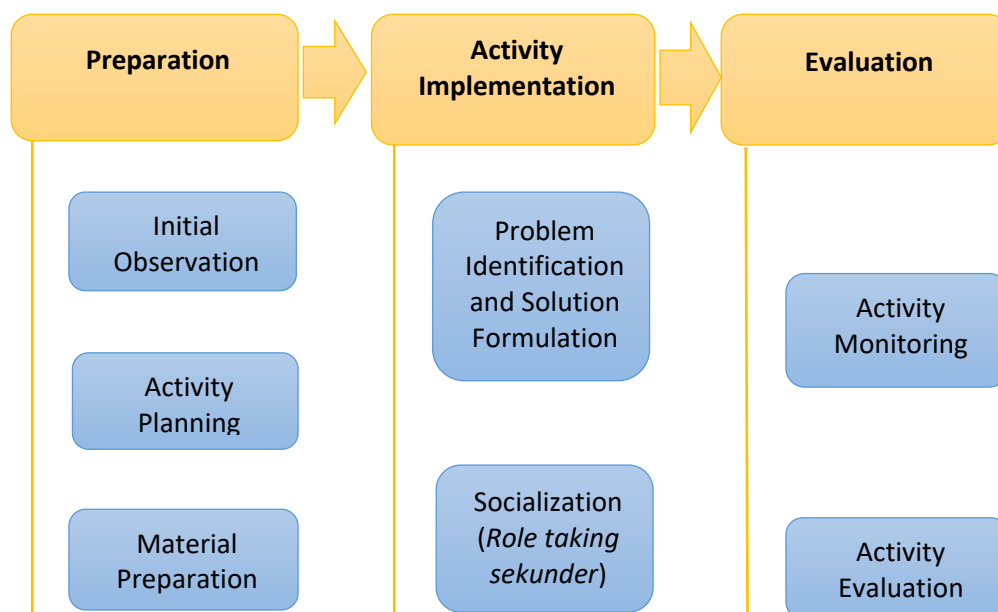


Figure 1. Stages of the Community Service Implementation Method

a. Preparation Stage

The preparation phase is a crucial step, aimed at ensuring the smooth implementation of the community service program, which provides supplementary food for the elderly at the

Sukaraya Village Health Post. This activity was carried out in a planned and structured manner to achieve the desired goals.

1. Coordination with Stakeholders

The initial step was to establish coordination with relevant parties, such as the Sukaraya Village Head, village health cadres, village health post officers, and community leaders. This coordination aimed to gain support, obtain implementation permits, and map out activity targets.

2. Preliminary Survey

A preliminary survey was conducted in Sukaraya Village to identify the number of elderly, their health status, and their daily eating patterns. The survey also aimed to identify the nutritional needs and potential problems frequently faced by elderly people in the area.

3. Preparation of Educational Materials

The implementation team developed educational materials tailored to the needs of the elderly, including:

- ✓ The importance of balanced nutrition for the elderly
- ✓ Choosing nutritious local food ingredients
- ✓ Simple food preparation methods that are easy for the elderly to consume
- ✓ Disease prevention efforts through a healthy diet
- ✓ The materials were written using simple language and supplemented with images and posters for easy understanding.

4. Logistics Preparation

Prepare all logistical requirements for the activity, including:

- ✓ Additional food ingredients (mung beans, milk, fruit, biscuits, and other local ingredients)
- ✓ Cooking utensils and props for demonstrations of making supplementary food
- ✓ Basic health screening equipment (scales, blood pressure monitors, etc.)
- ✓ Informed consent forms and pre- and post-test questionnaires

5. Scheduling and Assignment

A detailed activity schedule was created, including outreach, demonstrations, health checks, and the distribution of supplementary food. The implementation team also assigned roles to each member to ensure the smooth and effective implementation of the program.

6. Outreach to Participants

Conduct initial outreach to prospective participants (elderly) through health cadres and village officials. This outreach will involve inviting seniors to the Village Health Post, distributing notification letters, and holding brief meetings to ensure participants understand the purpose of the activity and ensure attendance.

7. Administration and Licensing

Complete all necessary administrative documents, including activity permits, implementation team assignment letters, and permits for use of the Village Health Post (Poskesdes) location.

This preparation stage is the foundation for the activity's success, as without thorough planning, implementation on the ground will not run optimally. With good coordination, targeted materials, and complete logistics, it is hoped that the activity will have a positive impact on the elderly in Sukaraya Village.

b. Activity Implementation Stage

The implementation phase is the core of the community service program, designed to improve the nutritional status of the elderly and increase their knowledge of the importance of

a balanced diet. The program was implemented at the Sukaraya Village Health Post, Pancur Batu District, Deli Serdang Regency, from June to July 2025.

Participants registered and recorded their identities (name, age, address, medical history). Following this, a basic health check was conducted, and participants were given a pre-test questionnaire to assess their baseline knowledge of balanced nutrition and healthy eating patterns. The questionnaire was designed to be simple and tailored to the cognitive abilities of the elderly, and was administered with the assistance of a cadre or companion for those with reading disabilities.

The outreach activities were conducted interactively using posters, leaflets, and samples of local food ingredients. Following the outreach, a demonstration was held on how to make easy and inexpensive supplementary foods using local ingredients. Participants are also invited to try it directly (simple practice) so they can make it independently at home. Participants received additional food packages, then after the entire series of activities were completed, participants filled out the post-test questionnaire again to measure the increase in knowledge after attending the counseling and demonstration.

The implementation team conducted brief face-to-face interviews to gather participants' impressions, suggestions, and perceived benefits after the activity. This feedback was used to evaluate the success and improve future activities. The event concluded with a thank you to all participants, health cadres, village health post officers, and the village for their support. The symbolic handover of PMT (Nursing Food Assistance) was also officially held as a commitment to increasing attention to the health of the elderly.

c. Evaluation Stage

The evaluation phase is a crucial step in community service activities to assess the success of the program and its impact on participants, in this case the elderly. The evaluation is conducted comprehensively to determine improvements in knowledge, behavioral changes, and a general overview of participants' health status following the supplementary feeding (PMT) intervention.

RESULTS AND DISCUSSION

Community service activities regarding the provision of additional food for the elderly at the Sukaraya Village Health Post, Pancur Batu District, Deli Serdang Regency, have been carried out well and involved 50 elderly people. A total of 50 seniors, aged 60–85, participated in this activity. The majority of participants (60%) were aged 60–70, and the majority were women (68%).



Figure 2. distribution of PMT



Figure 3. Blood pressure check

Results of Basic Health Examination, As many as 22% of elderly people have blood pressure above normal ($\geq 140/90$ mmHg), As many as 30% have below normal body weight (indicating malnutrition), Most elderly people (70%) do not have serious health complaints and are still quite active in participating in activities. Before the activity, the average pre-test score for nutritional knowledge was 48% (scale 0–100). After the activity, the average post-test score increased to 82%. This improvement indicates a better understanding of the importance of balanced nutrition, healthy food types, and appropriate food preparation methods for the elderly.

Ninety-five percent of participants stated that the supplementary food provided was palatable, easy to consume, and helped increase appetite. Most participants (88%) were also interested in trying to make their own supplementary food at home after the activity. The elderly were happy and enthusiastic about participating in the activity. They appreciated the free health checks and the distribution of supplementary food. Participants also expressed their hope that similar activities could be held regularly. Based on the activity results, it can be concluded that the nutrition education and supplementary feeding activities had a positive impact on the elderly in Sukaraya Village. The increase in nutritional knowledge scores indicates that the interactive counseling method and supplementary food preparation demonstration were effective in raising elderly awareness of the importance of a healthy diet.

Malnutrition in the elderly is a common problem in society that can impact quality of life, increase the risk of falls, and accelerate the onset of degenerative diseases. Interventions through the provision of PMT are very helpful in meeting energy and nutrient needs, especially for older adults with limited economic resources or access to healthy food. In terms of acceptance, evaluation results showed that the majority of participants felt helpful and appreciated the supplementary food provided. This is important because high levels of acceptance are key to the success of the PMT program.

This activity also encourages active participation from seniors and their families. Demonstrations on making supplementary food provide the elderly and their caregivers with increased confidence in processing local ingredients into healthy and nutritious meals. The involvement of health cadres and village officials also contributed significantly to the program's success. This demonstrates the need for cross-sector collaboration to address nutritional issues in vulnerable groups, particularly the elderly.

Going forward, similar activities are expected to be carried out sustainably and integrated with the elderly integrated health service post (Posyandu) program and other village health programs. Furthermore, continued support for elderly people with malnutrition is needed to monitor their health and nutritional status.

Below, I've developed a theory about the importance of exercise for the elderly. As a person ages, various changes occur in their body, including physiological, psychological, and social changes. Common physiological changes in the elderly include decreased muscle mass (sarcopenia), decreased bone density (osteoporosis), decreased joint flexibility, weakened heart and lung function, and reduced balance and coordination. These changes can cause the elderly to tire easily, become less mobile, and put them at higher risk of falls or injury.



Exercise is a form of physical activity recommended for seniors. Physical activity in the form of exercise has many benefits, including: Increases muscle strength and joint flexibility, thus helping the elderly remain active, independent, and less prone to falls, Improves blood circulation and heart health, helps control blood pressure, blood sugar levels, and reduces the risk of degenerative diseases such as diabetes and heart disease, Maintain lung function, increase respiratory capacity, so that the body gets an optimal oxygen supply, Maintaining ideal body weight reduces the risk of obesity which often triggers various chronic diseases in the elderly, Improving mental health, helping reduce stress, anxiety, and the risk of depression. Active older adults tend to have greater self-confidence and feel happier, Strengthening social relationships, especially when done in groups, helps reduce the feeling of loneliness that seniors often experience.

According to the World Health Organization (WHO), seniors are advised to maintain regular physical activity for at least 150 minutes per week (at moderate intensity), which can be divided into several sessions, one of which is senior exercise. Exercise for seniors should be tailored to each individual's physical condition, performed slowly, gradually, and under supervision or assistance, if necessary. Selecting appropriate movements, starting with warm-ups, core movements, and cool-downs, is crucial to avoid injury. Thus, exercise is not only a sporting activity, but also a preventative and rehabilitative effort to maintain and improve the quality of life for seniors. Seniors who regularly exercise tend to be healthier, more independent, and have a better life expectancy.

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Table 1. Overview of Discussion

No	Questions	Responses
1	Why do seniors need additional food?	Because older adults often experience decreased appetite, digestive problems, and changes in body function that lead to inadequate nutritional needs, supplemental foods help meet energy, protein, vitamin, and mineral needs to keep them healthy and strong.
2	What are examples of additional food provided to the elderly during activities in Sukaraya Village?	What are examples of additional food provided to the elderly during activities in Sukaraya Village?
3	What are the benefits of balanced nutrition for the elderly?	A balanced diet helps maintain endurance, prevent disease, improve muscle and bone function, and maintain ideal body weight so that seniors can remain active and independent.
4	Why is exercise important for the elderly?	Exercise helps increase muscle strength, maintain joint flexibility, improve balance to prevent falls, improve blood circulation, and make seniors feel fitter and happier.
5	What should seniors pay attention to before taking part in gymnastics?	Seniors should ensure their physical condition is fit enough, consult first if they have certain diseases, wear comfortable clothing and footwear, and do exercise in a safe and non-slippery place.
6	What are the expectations from the activities of providing additional food and exercise for the elderly in Sukaraya Village?	It is hoped that the elderly will have better knowledge about nutrition, be able to implement healthy eating patterns, regularly do physical activities such as gymnastics, and be able to improve their quality of life so that they remain healthy, active, and independent.

CONCLUSION

The community service activities carried out at the Sukaraya Village Health Post, Pancur Batu District, Deli Serdang Regency in 2025, are a real effort to improve the quality of life of the elderly through nutrition education, provision of supplementary food (PMT), and promotion of physical activity in the form of elderly gymnastics.

The results of the activity showed an increase in the elderly's knowledge about the importance of balanced nutrition and how to select and prepare healthy foods, as demonstrated by the increase in knowledge scores from pre-test to post-test. The provision of a basic food supplement (PMT) consisting of mung bean porridge, milk, biscuits, and fresh fruit was also well-received, helping meet daily nutritional needs and increasing the elderly's appetite.

In addition to nutritional interventions, senior exercise is a highly beneficial supporting activity. Exercise helps maintain muscle strength, joint flexibility, and balance, as well as improve heart and lung fitness. Seniors who regularly exercise have a lower risk of falls and tend to be more mentally and socially healthy.

By integrating nutrition education, supplementary feeding, and elderly exercise, it is hoped that the elderly in Sukaraya Village will become healthier, more active, and more independent. These activities also raise awareness about adopting a healthy diet and a sustainable, active lifestyle.

In the future, similar activities can be carried out routinely and in a programmed manner, involving health cadres, families, and the wider community as a sustainable effort to support the welfare of the elderly.

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