



## SDG 3: GOOD HEALTH AND WELL-BEING

Universitas Sumatera Utara (USU) is committed to supporting the achievement of Sustainable Development Goal (SDG) 3—Good Health and Well-Being—through comprehensive community service programs. These initiatives focus on promoting health awareness, disease prevention, and empowering local communities to adopt healthier lifestyles. USU's activities include educational workshops on proper hygiene and nutrition, mental health support programs, maternal and child health initiatives, stunting prevention, and empowerment programs for vulnerable groups, including the elderly and persons with disabilities. Through these efforts, USU aims to enhance public health, strengthen community resilience, and contribute to the overall well-being of society.

No.	Title	Abstract	Outcome	Evident/Attachment
1.	<p>Pembuatan <i>Paper Soap</i> Antiseptik untuk Meningkatkan Pendapatan Masyarakat Desa Rumah Berastagi, Kabanjahe, Kabupaten Karo</p> <p>(Making Antiseptic Paper Soap to Increase Community Income in Rumah Berastagi Village, Kabanjahe, Karo Regency)</p>	<p>This community service activity aimed to provide education and workshop to the community in Rumah Berastagi village, Kabanjahe, Karo regency, North Sumatera regarding to the utilization of mango and guava leaves extract as an antiseptic paper soap innovation in order to increase income of the community. The community service activities was carried out to improve and develop the potential of the surrounding nature into high quality and valuable product. Beside that, branding of pharmacist was carried out to promote the pharmacist promotion among the community. A modified Community Based Interactive Approach (CBIA) was used in this community service which participants who were representative of the community were actively involved during the event. This event was evaluated through pre-test and post-test. From the pre- test and post-test analysis, it was known that there is an increase in community knowledge and skill. In conclusion, the education and workshop can increase the knowledge and skill of the community regarding profession of pharmacist, how to wash hands properly,</p>	<ol style="list-style-type: none"> <li>1. Improved Community Knowledge and Skills on Health and Hygiene: Through education on the importance of proper handwashing and the role of pharmacists, communities in Rumah Berastagi Village understand the importance of hygiene for disease prevention, supported by education on the practice of making antiseptic products such as paper soap.</li> <li>2. Utilization of Local Resources for Antiseptic Products: The community was taught to utilize mango leaves and guava leaves as basic ingredients for making antiseptic paper soap, which has the potential to increase the economic value of local natural resources while reducing dependence on commercial products.</li> <li>3. Entrepreneurial Skills Development: Training on making antiseptic paper soap, as well as sessions on marketing and business plans, equipped the community with the skills to create new business opportunities. This enables them to market the paper soap products independently, increasing the village's income potential.</li> <li>4. Positive Response and Active Community Participation: The program received a positive response, with participants actively engaging in discussion and practice, which was reflected in</li> </ol>	<p><a href="https://drive.google.com/open?id=1ttxC8BjdKJcFnUD_5hO7xqyzTV45s03k">https://drive.google.com/open?id=1ttxC8BjdKJcFnUD_5hO7xqyzTV45s03k</a></p>



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		<p>how to make paper soap, marketing and business plans.</p>	<p>a 46.63% increase in knowledge and skills scores between pre-test and post-test.</p> <p>5. Support for Pharmacist Professional Branding: The program also raised public awareness of the role of pharmacists, who are not only responsible for medicines but also contribute to public health in general, such as in disease prevention through personal hygiene.</p>	
2.	<p>Lesson Learn of Community Services Concerning the Prevention of Sexual Violence for Teenager</p>	<p>The number of sexual violence is increasing every year and occurred in both domestic and public areas, including places of worship such as mosques. These situations require the role of various parties such as the Indonesian Mosque Youth Communication Board (BKPRMI). As part of the Tridarma of Higher Education, Community Service in conducting surveys and education on the prevention of sexual violence for mosque youth. The program is carried out to support Indonesia in achieving the SDGs. A number of steps have been taken; (1) capturing the level of understanding of youth about sexual violence, (2) increasing the ability and role of youth to prevent sexual violence. The results of the service delivery with a survey and training approach showed that the knowledge of youth (167 respondents; 56.9% female and 43.1% male) about sexual violence varied based on the sources of information used. 89.8% percent through the media, teachers 56.3%, parents 38.3%, print media 37.1%, friends 34.1%, relatives 19.8%, other 0.6% (school/internet/film/series). However, the</p>	<p>1. Increased Awareness and Knowledge of Sexual Violence among Adolescents: Through this service program, adolescents in the Medan area gained a better understanding of sexual violence, its types, and how to recognize risky situations, which is expected to increase their vigilance and self-protection.</p> <p>2. Youth Empowerment through the Role as Sexual Violence Prevention Facilitators: The program trains adolescents to become facilitators in sexual violence prevention, allowing them to not only protect themselves, but also educate their peers and communities.</p> <p>3. Establishment of a Neighborhood-Based Prevention Plan: Program participants are equipped with the ability to develop a sexual violence prevention plan that starts from the personal, family, and community environment, which includes a proactive role in maintaining safety in their surroundings.</p> <p>4. Collaboration with the Indonesian Mosque Youth Communication Agency (BKPRMI): This program leverages BKPRMI's role as a mosque-based youth organization to facilitate education and support for youth in sexual violence prevention, making mosques a safe and inclusive educational hub.</p>	<p><a href="https://drive.google.com/open?id=1eX5lm0_bIEDm0fW-K3XVoRvi4XSbau8T">https://drive.google.com/open?id=1eX5lm0_bIEDm0fW-K3XVoRvi4XSbau8T</a></p>



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		<p>role play "Let's Practice Being a Trainer/Facilitator on Sexual Violence Prevention for Adolescents in Medan City" is an effective method to increase the ability and role of youth to prevent sexual violence. This can be seen by the existence of a prevention plan starting from self, family and environment. It is concluded that increasing the knowledge, ability and role of youth about sexual violence and its prevention can be done by the Communication Board of Indonesian Mosque Youth (BKPRMI) as a youth organization, especially in the mosque area. The recommendation is that the Indonesian Mosque Youth Communication Board (BKPRMI) develop a program; (1) Increasing knowledge about the prevention of sexual violence in worship locations; and (2) Implementation of a supervision model for the congregation so that sexual violence does not occur in the mosque area.</p>	<p>5. Recommendations for the Development of Sexual Violence Prevention Programs in Places of Worship: The program recommends BKPRMI to expand knowledge on sexual violence prevention in places of worship and implement a supervision model for worshipers to create a safer environment.</p>	
3.	<p>Reference Group Formation as the Start of Participatory Mental Health Neighborhood Planning</p>	<p>Mental health is a key issue that needs attention because it is closely related to the psychological well-being of citizens and the quality of life of citizens in general. Health is a condition that cannot be separated from environmental factors where residents live. Neighborhood residents are social capital that plays a major role in supporting health in the neighborhood. Based on the results of the assessment of the conditions and needs of the partner, the Medan Sunggal Community Health Center, in coordination with the head of the</p>	<p>1. Establishment of a Reference Group for Mental Health: The program successfully established a reference group called Perkumpulan Anak dan Remaja Bersatu (PARB) in Lingkungan IX Kelurahan Sunggal. This group consists of children and adolescents who are selected and coached to become mental health ambassadors for their community.</p> <p>2. Increased Public Awareness of Mental Health: Through the formation and strengthening of reference groups, the community around Neighborhood IX began to understand the importance of mental health, both for</p>	<p><a href="https://drive.google.com/open?id=1xlcACBwMBbluKCCKLX1XJqsVQ461uVO2">https://drive.google.com/open?id=1xlcACBwMBbluKCCKLX1XJqsVQ461uVO2</a></p>



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		<p>Puskesmas section, the village head and the head of ward IX, which was appointed to be the location of the service. This service focuses on realizing a mentally healthy environment in the IX neighborhood of Sunggal village, Medan Sunggal sub-district, Medan, with a participatory action approach, which focuses on two things, namely, the formation of reference groups, and strengthening reference groups that will participate in realizing a mentally healthy living environment. The result of this service, is the formation of the United Children and Youth Association (PARB) consisting of local children and adolescents who are selected and fostered through a series of training and mentoring activities carried out by the set.</p>	<p>prevention and treatment of mental problems in the community.</p> <ol style="list-style-type: none"> <li>3. Support from Puskesmas and Local Government: The program involves the Puskesmas of Medan Sunggal and local government officials, who collaborate in providing support and training to the PARB group, strengthening ongoing efforts to create a supportive environment for mental health.</li> <li>4. Increased Participation of Children and Adolescents in Health Programs: Children and adolescents involved in PARB showed active participation in training activities and discussions, building a sense of responsibility to disseminate mental health information and address social issues in their neighborhoods.</li> <li>5. Collaborative Model for Social Change: The program created a participatory model that involves two-way communication between the government, Puskesmas, and the community. This model can be replicated in other neighborhoods to improve mental health in a participatory and community-based manner.</li> </ol>	
4.	<p>Implementation of Breastfeeding Preparation Education Classes for Pregnant Women and Families in the Medan Sunggal Community Health Center Work Area</p>	<p>Breastfeeding is directly linked to achieving Sustainable Development (SDGs). Breastfeeding improves the well-being of mothers, babies, families, the workforce, and the health care system. Good preparation can help mothers and babies successfully breastfeed. The aim of this community service is so that mothers and families can prepare themselves and learn various things about breastfeeding before the baby is born. The community service methods implemented include health</p>	<ol style="list-style-type: none"> <li>1. Improving Pregnant Women's Knowledge on Exclusive Breastfeeding: This educational program successfully improved pregnant women's understanding of the importance of exclusive breastfeeding, its benefits for mothers and babies, and proper breastfeeding techniques. Evaluation results showed that 87.5% of mothers had good knowledge about exclusive breastfeeding.</li> <li>2. Increased Family Awareness and Readiness to Support Breastfeeding: Education is not only aimed at pregnant women but also involves</li> </ol>	<p><a href="https://drive.google.com/open?id=17aS6e2Gb9fcdfu8dCSWMowhKWvgG1kPP">https://drive.google.com/open?id=17aS6e2Gb9fcdfu8dCSWMowhKWvgG1kPP</a></p>

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		<p>education, discussions, demonstrations, watching videos, mentoring and counseling. The material presented consists of the definition of exclusive breastfeeding, WHO recommendations regarding exclusive breastfeeding for 6 months, the benefits of breast milk for mothers and babies and families, the meaning of colostrum and the amount of colostrum, the capacity of a baby's stomach from birth to 1 year of age, the baby's breastfeeding position and sucking reflex, comparison of breast milk with formula milk and the impact of formula milk, when to start breastfeeding, the right position of the newborn, knowing breasts and the mechanism of breast milk production, facilitating newborn babies to breastfeed or early initiation of breastfeeding (IMD). Community service activities are carried out for pregnant women with a gestational age of over 34 weeks. As a result of community service activities, most of the pregnant women's knowledge was obtained regarding exclusive breastfeeding and IMD. The attitudes of pregnant women are also mostly good regarding exclusive breastfeeding and the implementation of IMD.</p>	<p>family members. Thus, families became more prepared and supportive of exclusive breastfeeding and Early Breastfeeding Initiation (IMD), with 82.5% of families having good knowledge of IMD.</p> <ol style="list-style-type: none"> <li>3. Positive Attitude Change towards Exclusive Breastfeeding and IMD Practices: After education, most pregnant women (85%) and families (82.5%) showed positive attitudes in favor of exclusive breastfeeding and IMD practices, indicating better readiness to implement breastfeeding practices.</li> <li>4. Improved Technical Skills in Breastfeeding and IMD: Pregnant women and families were provided with practical techniques in breastfeeding, including correct breastfeeding position and lactation management. This helps overcome obstacles that may occur in the early stages of breastfeeding.</li> <li>5. Support for Achieving National Health Targets: This program supports efforts to increase exclusive breastfeeding coverage, which is in line with national health targets and the Sustainable Development Goals (SDGs) related to maternal and child health.</li> </ol>	
5.	Skринing "GEMULEK" (Gigi, Mulut, dan KEK) pada Perempuan Usia Subur dalam Pencegahan Stunting	Prevention of dental and oral health problems in pregnant women can be done by increasing knowledge and changing the behavior of pregnant women. The target audience for this community service activity are women of childbearing age, pregnant	6. Improved Knowledge of Oral Health and Nutrition of Pregnant Women: Through health education and screening, women of childbearing age and pregnant women in Ujung Rambung Village gained better knowledge about oral health and the importance of nutrition	<a href="https://drive.google.com/open?id=14AaydEKhTrS9l5lcEi0SqjAmOecQpEpH">https://drive.google.com/open?id=14AaydEKhTrS9l5lcEi0SqjAmOecQpEpH</a>

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	<p>“GEMULEK” (Dental, Mouth, and KEK) Screening in Women of Childbearing Age to Prevent Stunting)</p>	<p>women, and posyandu cadres. The partner in this community service is the head of the posyandu cadre in Ujung Rambung village. The partner's problem lies in the emergence of dental and oral health problems and KEK during pregnancy. Screening activities for women of childbearing age in Ujung Rambung village include 12 components of dental and mouth screening, as well as upper arm circumference screening as an observation of nutritional status, and also detects the average age of women of childbearing age who attend as participants. Based on the results of the screening tabulation, it was found that 61.5% of the activity participants had cavities, and 73.1% had tartar. This condition is a condition that is at risk of developing tooth and mouth infections. Apart from that, in a number of other problems, 26.9% found cases of bleeding teeth when brushing their teeth, and they often experienced food stuck in their teeth (53.8%). In the study of measuring upper arm circumference (LILA) as a monitoring of nutritional status and chronic energy deficiency (KEK), the average LILA was 30.08 cm. This was also followed by monitoring of reproductive age with an average age of 32.7 years. Nutritional status and maternal health before, during and after pregnancy affect the early growth and development of children, starting from the womb. Gingivitis of pregnancy is inflammation of the gums experienced during pregnancy. Oral</p>	<p>during pregnancy, especially in preventing Chronic Energy Deficiency (CED).</p> <ol style="list-style-type: none"> <li>7. Awareness Raising for Self-Screening: The program encourages women to routinely screen for oral health and SEZ as part of preventive measures against the risk of stunting in their children.</li> <li>8. Risk Identification and Health Monitoring: Through screening, it was found that 61.5% of participants had cavities and 73.1% had tartar, both of which increase the risk of oral infections. Upper arm circumference (LILA) monitoring was also conducted to identify the risk of SEZ, with the average LILA of participants being 30.08 cm.</li> <li>9. Empowerment of Posyandu Cadres: The program involves posyandu cadres as partners who assist in the education and monitoring process, so that the sustainability of the program can be maintained through local community support.</li> <li>1. Reduced Risk of Child Stunting: By improving oral health and nutritional fulfillment in pregnant women, this program is expected to reduce the risk of stunting in children in the future, which is influenced by maternal health conditions during pregnancy.</li> </ol>	



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		<p>screening and the incidence of CED are important components that can be complied with during the early trimester of pregnancy.</p>		
6.	<p>Implementasi Pendidikan Kesehatan pada Anak Usia Dini di Raudhathul Athfal Bunayya I Kota Medan</p> <p>(Implementation of Health Education for Early Childhood in Raudhathul Athfal Bunayya I Medan City)</p>	<p>Health plays a pivotal role in a person's quality of life. Health-related quality of life affects physical and psychological health, social functioning, and overall well-being. It is critical to develop health education coaching in children, starting from an early age. The purpose of this community service is to increase early childhood knowledge about the importance of clean and healthy behavior (PHBS) in all aspects of the environment, especially the family and school environment. This community service is carried out to create self-awareness from an early age in preventing diseases that can be transmitted, improving children's health and quality of life, as well as achieving environmental wellness. It was carried out at Raudhathul Athfal Bunayya I Kindergarten, Medan. Methods for implementing community service activities in the form of education and simulations about PHBS include washing hands, disposing of waste, eating nutritious food, demonstrating and practicing directly how to wash hands properly, and revitalizing health facilities and infrastructure in the school environment. The results of community service are in the form of understanding and implementing, which contains three indicators of the application in the form of washing hands with running</p>	<ol style="list-style-type: none"> <li>1. Improving Early Childhood Understanding of PHBS: Through education on Clean and Healthy Living Behavior (PHBS), children at Raudhathul Athfal Bunayya I, Medan, understand the importance of health practices such as washing hands properly, disposing of waste in its place, and eating nutritious food.</li> <li>2. Implementation of Proper Handwashing Habits: Children are guided to wash their hands according to WHO guidelines through regular hands-on practice, such as before eating or after using the toilet, which helps form healthy habits early on.</li> <li>3. Revitalization of School Health Facilities: The program involves upgrading school facilities such as handwashing facilities and trash cans, which supports long-term implementation of PHBS in the school environment and makes hygiene practices more accessible.</li> <li>4. Positive Response and Active Participation of Children: Interactive learning methods using video media and hands-on practice made children more interested and active in participating in the activities, which helped strengthen their understanding and implementation of PHBS.</li> <li>5. Teacher Support in Continuous PHBS Development: The program emphasizes the role of teachers in reminding and motivating students to practice hygiene every day, which is</li> </ol>	<p><a href="https://drive.google.com/open?id=1E6XEKXb8JHYhdBokIqXxIzBhwifX8QPe">https://drive.google.com/open?id=1E6XEKXb8JHYhdBokIqXxIzBhwifX8QPe</a></p>

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		water and using soap, eating healthy and nutritious food, and disposing of garbage in its place.	expected to make PHBS a part of children's routine until adulthood.	
7.	<p>Optimalisasi Kemandirian Masyarakat dalam Mendeteksi Penyakit dan Menindaklanjuti Pengobatan Berbasis Situs WEB</p> <p>(Optimizing Community Independence in Detecting Disease and Following Up on Treatment Based on WEB Site)</p>	<p>The high morbidity and mortality rate of the community is due to lack of knowledge in detecting health status and the inability to make decisions to overcome health problems, causing delays in treatment. The application of information and communication technology such as WEB in nursing services is a solution to overcome this because it can optimise community independence so that distance, time, place, and cost are not an obstacle to getting nursing services and achieving SDGs to ensure a healthy life and improve population welfare. The study was conducted from August to October 2023 in the community in the Medan Sunggal Health Centre working area with a total of 173 people. The research was conducted with interviews, WEB user training, observation and monitoring of WEB implementation. The results showed 113 (65%) respondents were independent in detecting health status and following up on treatment, but there were still 60 (35%) respondents who needed continuous assistance in implementing WEB.</p>	<ol style="list-style-type: none"> <li>1. Improved Community Independence in Disease Detection: Through training on the use of health-based websites, 65% of 173 respondents in the working area of Puskesmas Medan Sunggal became more independent in detecting their health status and following up on treatment, reducing dependence on health facilities for early disease detection.</li> <li>2. Utilization of Information Technology for Health Service Access: The implementation of this website allows the community to access health services more easily, without being hindered by distance, time, and cost, supporting the achievement of SDGs goals related to public health.</li> <li>3. Need for Assistance for Some Communities: Results show that 35% of respondents still require assistance in using the website, indicating the need for ongoing support for the entire community to optimally utilize this technology.</li> <li>4. Effectiveness of the Technology-Based Training and Monitoring Program: The program demonstrated that technology-based training and monitoring can increase community participation in maintaining independent health and promote preventive health awareness.</li> <li>5. Reduced Morbidity and Mortality Rates: By improving the community's ability in early detection and follow-up of diseases, the program is expected to reduce morbidity and</li> </ol>	<p><a href="https://drive.google.com/open?id=1g56WtRMaxUjXBSFpnVQxTQrI9DYZGE1I">https://drive.google.com/open?id=1g56WtRMaxUjXBSFpnVQxTQrI9DYZGE1I</a></p>



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			mortality rates, as health treatments can be carried out more quickly and precisely.	
8.	<p>Pemberdayaan UMKM dalam Peningkatan Nilai Nutrisi Makanan Jajanan dalam Upaya Pencegahan Defisiensi Vitamin A</p> <p>(Empowerment of MSMEs in Increasing the Nutritional Value of Snack Food in an Effort to Prevent Vitamin A Deficiency)</p>	<p>Good health and well-being is one of the goals of sustainable development. Vitamin A is a fat-soluble micronutrient that cannot be made by the body so that the fulfillment of its daily needs must be met through food consumption. In Indonesia, as many as 20-40 million suffer from vitamin A deficiency at a milder level which causes a decrease in endurance, especially in children. Ice cream is a very popular dessert among consumers of all ages in many countries. However, commercial ice cream is generally made from cow's milk with high levels of saturated fat and sugar. So it is necessary to improve the quality of ice cream by utilizing food ingredients that are rich in nutrients to increase the nutritional value of the ice cream product. During the community service activities, the service team together with MSME players made ice cream preparations by utilizing various food sources of vitamin A. Furthermore, palability tests were carried out on the resulting product variants.</p>	<ol style="list-style-type: none"> <li>1. Improved Nutritional Content of Local Ice Cream Products: The program successfully developed ice cream variants with higher vitamin A content through the addition of plant-based ingredients such as spinach, carrot, mango and purple yam. This helps meet the nutritional needs of the community, especially children who are vulnerable to vitamin A deficiency.</li> <li>2. Positive Acceptance of Local Food-based Ice Cream: Organoleptic test results showed that the ice cream with added mango had the highest level of acceptance in terms of taste, texture, and aroma, indicating good market potential for this nutritious ice cream variant.</li> <li>3. MSME Empowerment through Product Innovation: The program works closely with local MSME players, who gain new insights in creating high nutritional value ice cream products that can compete in the market. This supports business resilience and innovation amidst economic challenges.</li> <li>4. Promotion of Healthy Lifestyle through Food Products: By educating consumers on the benefits of vitamin A and nutrient-enriched ice cream, the program encourages healthier consumption patterns in the community, especially among children.</li> <li>5. Support for the Achievement of SDGs in the Health Sector: This initiative is in line with efforts to achieve the Sustainable Development Goals (SDGs) to improve health and well-being, by focusing on the prevention of micronutrient</li> </ol>	<p><a href="https://drive.google.com/open?id=1E8LCjAuhQSI9zupUdlCh8UKheaR-qn8D">https://drive.google.com/open?id=1E8LCjAuhQSI9zupUdlCh8UKheaR-qn8D</a></p>



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			deficiencies through food fortification that is affordable and preferred by the public.	
9.	Efforts to Raise Awareness About Clean and Healthy Lifestyle in Students as well as Efforts to Implement New Habits with Various Training on School Health Business Activities in Modern Pesantren Al Mukhlisin Tanjung Morawa	The implementation of School Health Efforts is the spearhead of empowerment in the school environment to behave clean and healthy life. School Health Efforts can improve health status and shape the clean and healthy behaviour of students including: health education, health services and fostering a healthy school environment as a step to improve the optimal quality of student health. The purpose of UKS is to improve the quality of education and learning achievement of students through improving physical and spiritual clean living behaviour so that students can grow and develop harmoniously and optimally along with independence in activities and ultimately become qualified human beings. The success of coaching and development of School Health Efforts (UKS) will be seen or reflected in the clean and healthy living behaviour of students, and this is the expected impact of the overall pattern of coaching and development of UKS. School Health Business activities are an activity that can foster clean and healthy	<ol style="list-style-type: none"> <li>1. Increasing Santri Awareness and Knowledge of PHBS: The School Health Unit (UKS) program at Pesantren Al Mukhlisin Tanjung Morawa increases santri's understanding of the importance of clean and healthy living behaviors (PHBS) through comprehensive education and training.</li> <li>2. Implementation of Healthy Living Habits in the Pesantren Environment: Santri are guided to implement PHBS independently, including the practice of hand washing, maintaining personal hygiene, and managing a healthy pesantren environment, which aims to prevent the spread of diseases in the school environment.</li> <li>3. Provision of Health Facilities in Pesantren: This program provides UKS facilities such as beds for sick students, medicine cabinets, thermometers, and first aid equipment. These facilities help students get adequate basic health services in the pesantren environment.</li> <li>4. Active Participation of Santri in UKS Activities: The program involves the santris in managing the health facilities and practicing PHBS, which increases their responsibility and active participation in maintaining hygiene and health in the pesantren.</li> <li>5. Improved Health Quality and Learning Achievement of Santri: With better health conditions, it is expected that santri can learn more optimally and achieve higher achievements, in line with the UKS goal to support the holistic physical and mental development of learners.</li> </ol>	<a href="https://drive.google.com/open?id=1d_HmWL1BkVDGvDyv1FCUPLzjZbh1LZKH">https://drive.google.com/open?id=1d_HmWL1BkVDGvDyv1FCUPLzjZbh1LZKH</a>

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10.	<p>Pemberdayaan Masyarakat dalam Pencegahan Stunting di Desa Sungai Liti Kecamatan Kampar Kiri Kabupaten Kampar Riau</p> <p>(Community Empowerment in Stunting Prevention in Sungai Liti Village, Kampar Kiri District, Kampar Regency, Riau)</p>	<p>Children under five as a population at risk of health problems require serious attention, because at this age it is the golden age period, critical period, transition period in their lives, so at this age stunting often occurs. If stunting is not treated, growth and development problems will occur. This community service activity equates perceptions of how to overcome it through cross-program FGDs at Community Health Centers, carrying out training for stunting cadres, providing health education to families, empowering families and collaborating between stunting cadres and families. Community service is carried out in collaboration between the University of Riau and the University of North Sumatra. The partner in this community service is the head of Sungai Liti village, Kampar Kiri District and works together with stunting cadres and the target is families of stunted toddlers. As a result of this community service, a set of stunting prevention intervention modules were formed to be used by community health center officers, including increased knowledge, attitudes and behavior of mothers of stunted toddlers, increased knowledge of stunting cadres and increased height of stunted toddlers. Increased knowledge, attitudes and behavior are measured using questionnaires and monitoring and evaluation are measured using a checklist format and motivation is documented in a</p>	<ol style="list-style-type: none"> <li>1. Improved Knowledge of Stunting Mothers and Cadres: Through training and health education, mothers and stunting cadres in Sungai Liti Village gained a better understanding of stunting, parenting, and the importance of balanced nutrition in stunting prevention.</li> <li>2. Increased Involvement of Stunting Cadres in Prevention: Stunting cadres were provided with guidebooks and trained in measurement techniques and preparation of nutritious food for children. This strengthens their role in direct family monitoring and education, which supports the sustainability of the stunting prevention program.</li> <li>3. Improving Maternal Attitudes and Behavior towards Child Health: The program encourages positive changes in mothers' attitudes and behaviors in meeting nutritional needs and implementing healthy parenting, which is expected to reduce the prevalence of stunting in the village.</li> <li>4. Cross-Sector Cooperation for Stunting Management: The program engages various stakeholders, including health workers, village government, and families, in a collaborative effort to address stunting holistically.</li> <li>5. Availability of Stunting Intervention Modules: The result of this community service is the creation of a stunting prevention intervention module that can be used by health workers at health centers and village cadres, which can be a guide in educating, monitoring, and evaluating stunting prevention efforts.</li> </ol>	<p><a href="https://drive.google.com/open?id=1qZgq2tvjA7Ba8LuWxLNQyn9km4bPWz_c">https://drive.google.com/open?id=1qZgq2tvjA7Ba8LuWxLNQyn9km4bPWz_c</a></p>



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		separate format column for future reference.		
11.	Training on Making Probiotic Ice Cream from Goat Milk Kefir Culture in Group Usaha Bersama Tani Ternak, Tadukan Raga Village, STM Hilir Regency, Deli Serdang County	One of the goals of the SDGs is Good Health and Well-being, a goal that must be pursued for people in North Sumatra Province and other provinces in Indonesia. This community service teach how to make probiotic ice cream from goat's milk that was previously processed into kefir. Goat's milk is rich in vitamins and minerals such as calcium, phosphorus, vitamin A, vitamin B2 (riboflavin) and vitamin C while kefir contains almost 40 microbes that are good for gut health and increase human immunity. In this community service, the focus of the service was teaching in the Usaha Bersama Tani Ternak Group, Tadukan Raga Village, STM Hilir District, Deli Serdang Regency. In this group, there are many dairy goat farmers whom produce milk. Product innovation from goat milk is needed, to expand milk marketing. The innovation of processing milk into ice cream will expand the marketing range and increase the shelf life of milk. This service will be carried out from May to December 2023. It is expected that after the service, the processing of goat's milk into ice cream will be intensively carried out. Given that currently the air is getting hotter in North Sumatra so that ice cream products will be in great demand. In addition, this community service activity also improves the Main Performance Indicators (IKU) of Higher	<ol style="list-style-type: none"> <li>1. Skill Enhancement in Probiotic Ice Cream Making: Through training in making probiotic ice cream from goat milk kefir, farmers in the Tani Ternak Joint Business Group, Tadukan Raga Village, gained new skills in processing goat milk into value-added products that are in demand by the community.</li> <li>2. Goat Milk Product Diversification for Marketing Enhancement: With the innovation of probiotic ice cream products, farmers can expand the marketing reach of goat milk in a more durable and attractive form, helping to increase income and strengthen the local economy.</li> <li>3. Positive Acceptance of Probiotic Ice Cream Products: Taste test results show that probiotic ice cream has a fresh taste and is liked by consumers. The product is packaged in plastic cups and half-liter boxes for easy distribution and marketing.</li> <li>4. Raising Nutrition Awareness in the Community: Through product introduction to PKK mother groups and school nutrition improvement programs, communities in STM Hilir and Deli Serdang became more aware of the health benefits of probiotic ice cream rich in nutrients and probiotics.</li> <li>5. Stunting Prevention Program Support: Probiotic ice cream was introduced in villages running stunting prevention programs, with the hope that this product can help support children's health through increased nutritional intake that is easily accessible.</li> </ol>	<a href="https://drive.google.com/open?id=1mhREbdzML4Ea9pgjmr3KcmFir1pRLzUN">https://drive.google.com/open?id=1mhREbdzML4Ea9pgjmr3KcmFir1pRLzUN</a>

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		<p>Education, namely IKU 2, 3 and 5. Mandatory outputs of this community service activity program include: 1) Scientific publications in Abdimas journals / service journals with ISSN / National Journal Proceedings, 2) videos, 3) disseminated through electronic/print media. Additional outputs are the production of products, namely probiotic ice cream and participation in national seminars 4) the development of probiotic ice cream products in Deli Serdang Regency.</p>		
12.	<p>Pemberdayaan Lansia Dalam Mencapai Succesfull Aging Melalui Ekonomi Kreatif Industri Rumah Tangga kelompok Lansia “Glamur”</p> <p>(Empowerment of the Elderly in Achieving Succesfull Aging through the Creative Economy of the Household Industry of the Elderly Group “Glamur”)</p>	<p>Older adults experience a loss of independence and productivity that impacts on life, work and social functioning. Successful older adults are productive and can influence the well-being of the community. Paguyuban Glamur located at Jl. Amaliun Gg Mujur No. 50 L. Kota Matsum IV Keamatan Medan Area, Medan City North Sumatra as a partner has problems: less productive so that it affects the household economy of the elderly; low knowledge and ability of the elderly group in improving the creative economy in the household industry; low knowledge of the elderly in improving a healthy lifestyle to prevent high blood pressure, diabetes and hypertension. and there has never been early detection of cognitive impairment in the elderly where this cognitive is a prerequisite for achieving successful aging. This community service is carried out in coordination with the head of the glamur elderly association to select housewives who will act as cadres or</p>	<ol style="list-style-type: none"> <li>1. Improving the Physical and Mental Health of the Elderly: This program provides education to the elderly in Paguyuban Glamur about healthy lifestyles, early detection of diseases such as hypertension and diabetes, and prevention of dementia and depression. This activity increases the awareness of the elderly about the importance of maintaining physical and mental health to achieve “successful aging.”</li> <li>2. Elderly Empowerment through Creative Economy: The elderly are trained to produce tempeh as an economically valuable household product, which not only improves their skills but also helps them earn additional income. This supports their financial well-being.</li> <li>3. Establishment of Elderly Health Cadres: As part of the ongoing efforts, the program trains some physically and mentally healthy elderly as cadres to help promote health and support other elderly in their communities.</li> <li>4. Improved Quality of Life for the Elderly: By maintaining physical and mental health and having an active involvement in the creative</li> </ol>	<p><a href="https://drive.google.com/open?id=16MzBhe0R_EsCgeDLBmGddXuwF_SsUbS0K">https://drive.google.com/open?id=16MzBhe0R_EsCgeDLBmGddXuwF_SsUbS0K</a></p>

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		<p>activists of mental and physical health; conduct counseling on healthy and happy lifestyles and the implementation of high blood pressure, blood sugar and cholesterol checks and empowerment of the glamur elderly association in improving mental well-being through increasing the ability to generate additional family finances by forming housewives' business groups by making homemade tempeh.</p>	<p>economy, the elderly in Paguyuban Glamur get the opportunity to stay productive and active, which contributes to improving their quality of life.</p> <p>5. Development of a Sustainable Elderly Empowerment Model: The program provides a community-based empowerment model for the elderly, which can be replicated in other areas to help the elderly live a healthier, active and prosperous aging.</p>	
13.	<p>Tingkat Kreativitas Remaja Binaan UPT. PS. Anak Remaja Dinas Sosial Tanjung Morawa melalui Pelatihan Pembuatan <i>Essential Oil</i> dan Aplikasinya</p> <p>(Creativity Level of Youth Assisted by UPT. PS. Adolescent Children of Tanjung Morawa Social Service through Essential Oil Making and Application Training)</p>	<p>Indonesia is a country with abundant natural wealth and one of the countries that has the potential to produce essential oils obtained from plants. Parts of these plants can be used as a source of essential oils in the form of roots, stems, leaves, flowers, fruit, and so on. Essential oils as aromatherapy products have many benefits, including as complementary therapy, to relax the body, food additives, cosmetics and fragrances. Essential Oils and their volatile constituents can penetrate the skin as well as enhance the penetration of different drugs from topical formulations to the lower skin layers using different mechanisms of action based on the disintegration of highly regulated intercellular lipid structures between corneocytes in the stratum corneum and increasing drug partition. After application to the skin, Essential Oils and their components are metabolized quickly, do not accumulate in the organism and are excreted quickly which suggests they can be successfully used as safe penetration</p>	<p>1. Improving Youth Skills in Essential Oil Processing: Through training held at UPT. PS. Tanjung Morawa Social Service, youth learn how to extract and process essential oils into health and beauty products such as lotions and massage oils. This skill gives them the provision to develop additional skills in the future.</p> <p>2. Enhanced Creativity and Entrepreneurial Interest: The program encourages youth to develop their creativity in producing economically valuable products. Adolescents showed increased interest in creating and using their own processed products, which could be a potential new venture.</p> <p>3. Increased Understanding of the Benefits of Essential Oils: With education on the various benefits of essential oils, teenagers are helped to understand the importance of natural ingredients in health and beauty products, which are also safe for the skin and have commercial potential.</p> <p>4. Increased Economic Value through Local Products: This training opens up opportunities for teenagers to develop local products based on essential oils, which not only increases</p>	<p><a href="https://drive.google.com/open?id=1cdslKoBEzgj_a5k-wFEMa-4ebKgduG">https://drive.google.com/open?id=1cdslKoBEzgj_a5k-wFEMa-4ebKgduG</a></p>

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		<p>enhancers. Essential Oils are widely used in the cosmetic, pharmaceutical, medicine and food industries to have antioxidant activity, anti-inflammatory, anticancer activity, for wound healing, and many other biological roles. Problems identified by teenagers assisted by UPT. PS. Tanjung Morawa Social Service Adolescents lack knowledge and skills in the use of essential oils and their processing into health and beauty products. Therefore, it is necessary to increase the knowledge and understanding of teenagers assisted by UPT. PS. Tanjung Morawa Social Service Teenagers about the benefits and how to obtain essential oils and process them into health and beauty products. So that it can contribute by increasing the knowledge and skills of assisted youth to help increase economic value and provide additional skills for assisted youth when completing guidance at UPT. PS. Tanjung Morawa Social Service Teenagers.</p>	<p>economic value but also encourages optimal utilization of natural resources.</p> <p>5. Positive Reception and Active Participation of Youth: The training was met with high enthusiasm, reflected in the pre-test and post-test results which showed an increase in the knowledge and skills of teenagers related to essential oils and their applications.</p>	
14.	<p>Building a “House of Recovery” by Improving the Counseling Skills of Peer Counsellors at PERMATA GBKP</p>	<p>The transition from childhood to adulthood is something that cannot be prepared for, especially for today's twentysomethings. This period results in a sense of helplessness and ignorance, indecision and fear or often referred to as a quarter life crisis. The phenomenon of quarter life crisis is often experienced by people aged 18- 29. This phenomenon is experienced by young people, namely PERMATA GBKP with the dominant problems faced are academic</p>	<p>1. Improved Counseling Skills of Peer Counsellors: The Training of Trainers (TOT) program implemented for 20 prospective PERMATA GBKP peer counselors successfully improved their counseling skills, as reflected by an increase in pre-test to post-test scores in the 70-90 range, indicating better understanding and expertise in counseling.</p> <p>2. Development of “House of Recovery” Facility: The program successfully established the “House of Recovery” as a peer counseling center, which became a safe place for PERMATA</p>	<p><a href="https://drive.google.com/open?id=1w2nw2Wgb_V1HMi3zLFPWlsiAZJobtMB">https://drive.google.com/open?id=1w2nw2Wgb_V1HMi3zLFPWlsiAZJobtMB</a></p>

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		<p>and work pressures, they believe that they are alone and feel that the transition period they are experiencing is heavier. One of the psychological treatments that can be provided to help inhibit or overcome the psychological problems experienced is counseling services carried out by skilled people. Therefore, the Church provides training in the form of peer counselors for counselors in the Church. Peer counselors consist of two stages, namely open recruitment with a total of 36 registrants from PERMATA GBKP who live in North Sumatra and Training of Trainers which was attended by 20 people. Based on the results of the pre-test, the range of scores was 35-60 and in the post-test the score increased to 70-90. It can be concluded that TOT participants reported being able to understand the material provided and practice counseling skills through role play sessions.</p>	<p>GBKP youth to get psychological support in dealing with quarter-life crisis and other problems.</p> <ol style="list-style-type: none"> <li>3. Continuous Implementation of Counseling Practices: Through collaboration with the PERMATA GBKP board, the program successfully started counseling services for community members with technical guidance and monitoring of counseling skills for peer counselors after the TOT.</li> <li>4. Active Participation in Counseling Services: A total of 95 PERMATA GBKP members received counseling services from the peer counselors, indicating that the service was well received by the community and beneficial in providing psychological support to youth.</li> <li>5. Plan for Development of Routine Counseling Services: The program suggests that counseling services become a routine program in PERMATA GBKP and be developed at the central, regional, and branch levels, so that community members can continue to have easy access to quality counseling.</li> </ol>	
15.	<p>Percepatan Penurunan Stunting dengan Pemberdayaan Kader Posyandu dan Aparat Desa dalam Pemantauan Status Gizi dan Pemberian Makanan Tambahan Ibu Hamil</p>	<p>Low nutritional status of pregnant women during pregnancy can result in various adverse impacts for the mother and baby. Insufficient nutritional status in toddlers can cause developmental problems/delays. In Dairi Regency there are 189 toddlers (0.2%) who are below the Red Line (BGM). The prevalence of stunted toddlers in Dairi Regency in 2018 was 23.3%. For this reason, village cadres and officials are empowered to monitor nutritional status and provide additional food for pregnant women and</p>	<ol style="list-style-type: none"> <li>1. Improving the Skills of Posyandu Cadres and Village Officials: Through training and socialization, posyandu cadres and village officials in Sitinjo I Village, Dairi Regency now have improved skills in monitoring the nutritional status of pregnant women and children under five. They are also trained to motivate mothers to actively attend posyandu.</li> <li>2. Strengthened Role in Stunting Prevention: Cadres and village officials have strengthened their role in preventing stunting with new knowledge about the importance of nutrition</li> </ol>	<p><a href="https://drive.google.com/open?id=1haYc8NrRvMJ_CNS3k2ea6so1T0HFiqGD">https://drive.google.com/open?id=1haYc8NrRvMJ_CNS3k2ea6so1T0HFiqGD</a></p>



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	<p>(Accelerating Stunting Reduction by Empowering Posyandu Cadres and Village Officials in Monitoring Nutritional Status and Providing Supplementary Food for Pregnant Women)</p>	<p>toddlers to prevent stunting. By increasing the knowledge and skills of cadres and village officials to achieve a reduction in the incidence of stunting and improving the nutritional status of pregnant women and toddlers, this can be done through nutritional surveillance by monitoring activities: PMT recovery, provision of vitamin A, TTD, taburia, zinc, stimulation. This activity was attended by pregnant women, mothers of toddlers, cadres and village officials who were very enthusiastic about listening to the presentation by the service team about what is meant by stunting, its causes, treatment, and the role of cadres and village officials regarding the stunting problem. Discussions and questions and answers were also very interactive, showing the great attention paid to service activities. Apart from that, this service activity also provides additional food to pregnant women and toddlers. Based on this, service activities empowering the role of village cadres and officials to monitor the nutritional status of pregnant women and toddlers to prevent stunting can increase the knowledge and skills of partners in providing knowledge and skills to pregnant women and toddlers to improve their nutritional status. It is hoped that this service activity can reduce the prevalence of stunting and other malnutrition problems.</p>	<p>monitoring and supplementary feeding for pregnant women and children under five.</p> <ol style="list-style-type: none"> <li>3. Continued Commitment from Village Government: The program received support from the village government, which committed to include supplementary feeding for pregnant women and toddlers in the village assistance program, so that it is expected to be sustainable.</li> <li>4. Increased Posyandu Visits: After the implementation of the activities, there was an increase in the number of pregnant women and toddlers visiting the posyandu for weight and height monitoring. This is expected to have a positive impact on improving nutritional status and gradually reducing stunting rates.</li> <li>5. Better Nutrition Awareness among Mothers: The program increases mothers' awareness and understanding of the importance of fulfilling balanced nutrition during pregnancy and the toddler years, which will support stunting prevention efforts in the future.</li> </ol>	

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16.	The Influence of Housewife's Behavior in child Care on Stunting Incidents in Medan City	Handling the problem of stunting is currently a government priority, and is one of the achievements in successfully overcoming public health problems. Health workers in the community play an important role in conveying information related to stunting and providing education about health to mothers to improve behavior, especially knowledge and attitudes in dealing with stunting incidents. Based on the results of interview observations regarding the behavior of the people of Medan City, there are still many people who do not understand the problem of stunting. The distribution of information about stunting to mothers and the community is not yet widespread. A handling strategy that directly involves families, especially housewives, has never been implemented. Based on this, it is very important to carry out research as a solution to overcome the problem of stunting by improving the behavior of housewives in terms of knowledge and attitudes. It is necessary to create a model that is appropriate and appropriate by involving the community directly by adjusting the role of the mother in the family as the closest person in caring for children. Mothers' behavior in the household must be maximally empowered so that it can help overcome stunting. This research is action research, the research begins with interviews with the community and housewives who work together to find	<ol style="list-style-type: none"> <li>1. Increased Knowledge of Housewives about Stunting: This intervention program succeeded in increasing the understanding of housewives in the Kampung Baru area about the causes, signs, and prevention of stunting. After being educated, mothers' knowledge increased, with 77.2% of mothers understanding the steps to prevent stunting.</li> <li>2. Positive Attitude Change towards Stunting Prevention: Before the intervention, most mothers had a less supportive attitude towards stunting prevention. However, after the education, positive attitudes towards stunting prevention increased to 93.6%, indicating a better awareness of caring for children with adequate nutrition.</li> <li>3. Strengthening the Role of Mothers in the Family: This program strengthens the role of mothers as the main supporters in fulfilling their children's nutrition. Armed with new knowledge, mothers become more active in choosing and preparing nutritious food needed by children to prevent stunting.</li> <li>4. Family Support Team Formation: This program involves the role of the health community such as cadres, nurses, and midwives in assisting housewives, so that a family support team is formed that is active in providing continuous education.</li> <li>5. Recommendations for Improving Health Education in the Community: The program recommends that health education on stunting be expanded to other communities and implemented regularly, in order to achieve</li> </ol>	<a href="https://drive.google.com/open?id=1500MFs9JOEp0FFKmrtdvbsdgT5vyq3o">https://drive.google.com/open?id=1500MFs9JOEp0FFKmrtdvbsdgT5vyq3o</a>

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		<p>solutions to overcome problems so that a suitable model is found. The intervention was carried out by providing counseling and education about behavior regarding stunting among housewives. Data analysis used the rho sperm test. FGD activities have been carried out by providing outreach to housewives in the family in overcoming stunting. This research shows that there is an influence on behavior, especially knowledge and attitudes towards stunting, with the acquisition of knowledge towards stunting <math>p=0.02</math>, and attitudes towards stunting <math>p=0.06</math>. The conclusion of this research is that there is an influence between housewives' behavior on knowledge and attitudes in handling stunting in children.</p>	<p>stunting reduction through a family and community-based approach.</p>	
17.	<p>Strengthening Health Center Cadres for the Prevention of People with Psychiatric Problems in Hutanangka Muara Tagor Village, Kotanopan</p>	<p>Mental disorders, such as depression, anxiety and other mental disorders, are serious problems that are common in society. Its prevalence is quite high and can have a negative impact on individuals, families and the community at large. In Hutanangka Muara Tagor Village, access to mental health services is limited. Both in terms of trained health workers and adequate infrastructure. This limitation means that individuals with mental disorders do not receive adequate treatment to restore their mental health. In addition, the public's low understanding of mental disorders and the stigma attached to individuals who experience them are obstacles to early recognition, prevention</p>	<ol style="list-style-type: none"> <li>1. Improving the Skills of Puskesmas Health Cadres in Mental Health Services: The program successfully improved the understanding and skills of Kotanopan Puskesmas cadres on early detection, early treatment, and effective communication related to mental health disorders. This gives them the ability to provide more holistic mental health support in the village.</li> <li>2. Decreased Stigma towards Mental Disorders in the Community: Through mental health education and campaigns, the community in Hutanangka Muara Tagor Village began to understand mental illness more positively, reducing social stigma and increasing support for individuals experiencing mental health problems.</li> </ol>	<p><a href="https://drive.google.com/open?id=11jwUwfoSmRbu007rwDnTQ8CmZhE37nDe">https://drive.google.com/open?id=11jwUwfoSmRbu007rwDnTQ8CmZhE37nDe</a></p>

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		<p>and appropriate treatment. The Community Health Center has a strategic role as a primary health service center in Hutanangka Muara Tagor Village. Therefore, strengthening community health center cadres is needed to be able to provide holistic mental health services and involve the community in effortsto prevent and treat mental disorders. The community in Hutanangka Muara Tagor Village has a strong desirefor improvement in terms of mental health. They support efforts for better understanding, access to adequate services, and active participation in maintaining mental health and reducing the negative impacts caused by mental disorders.</p>	<ol style="list-style-type: none"> <li>3. Strengthening Referral System and Collaboration: This program builds collaboration between the Kotanopan Puskesmas and mental hospitals and mental health clinics, so that patients who need further services can be referred more quickly and appropriately.</li> <li>4. Establishment of Support Groups in the Community: Health cadres play a role in facilitating support groups for individuals and families affected by mental health issues, providing a space to share experiences and obtain emotional support.</li> <li>5. Better Mental Health Awareness among Adolescents: The program also focuses on adolescent mental health through adolescent posyandu activities, which help identify and address mental health issues early, and encourage healthy lifestyles among the younger generation.</li> </ol>	
18.	<p>Promosi Kesehatan Untuk Peningkatan Keamanan Pangan dan Usaha Makanan Frozen pada Koperasi Syariah Kaum Ibu Al IKHLAS Kecamatan Sunggal Kabupaten Deli Serdang (Health Promotion to Improve Food Safety and Frozen Food Business at Kaum Ibu Al IKHLAS Sharia Cooperative,</p>	<p>In Tanjung Gusta Village, Sunggal District, Deli Serdang Regency, 15 years ago, on February 26 2007, a women’s cooperative was formed, named AL-IKHLAS Sharia Mothers Cooperative (KOPSYAKI), whose members are mothers who live in Tanjung Gusta Village, Sunggal District. , Deli Serdang Regency. Some of the business sectors carried out in this women’s cooperative are savings and loan businesses, wedding weddings, and handicrafts made using decoupage techniques. These businesses have become more advanced. However, members of this cooperative also try a lot in</p>	<ol style="list-style-type: none"> <li>1. Improved Knowledge and Skills on Food Safety: The food safety training program for members of Kaum Ibu Sharia Cooperative (KOPSYAKI) AL-IKHLAS improved their knowledge and skills in producing safe and quality frozen food, with an increase in knowledge score from 75 to 85 after the training.</li> <li>2. Improved Packaging and Marketing Skills: Cooperative members were trained in proper packaging techniques using a vacuum sealer to maintain frozen food quality. They were also taught more effective marketing strategies, which are expected to expand the market reach of their products.</li> </ol>	<p><a href="https://drive.google.com/open?id=1JL-l3UuTmNYG50TyD2fFjc5zHVvJYRvE">https://drive.google.com/open?id=1JL-l3UuTmNYG50TyD2fFjc5zHVvJYRvE</a></p>

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	Sunggal District, Deli Serdang Regency)	<p>processing food such as meatballs, tofu, risol and nuggets, but the production, packaging and marketing are still simple. Meanwhile, if these foods are developed optimally, they will generate a lot of income because these types of processed foods are very popular with the public. The service that has been carried out is the promotion of processed food into frozen food that meets health and food safety standards. Apart from paying attention to food safety, to increase production and widespread distribution, this service plan aims to make processed foods into frozen foods, then the frozen foods are packaged and marketed with the aim of increasing product sales value and the economy of KOPSYAKI AL-IKHLAS members. The approach used when providing service to partners is by conducting training for KOPSYAKI AL-IKHLAS members. The activities carried out began with socialization, namely an explanation of the food safety training plan, recruiting KOPSYAKI AL-IKHLAS members who took part in the training as activity participants, training on frozen food food safety, training on the correct way to package frozen food, frozen food marketing training, and establishment of a frozen food manager. The results of the service showed that there was an increase in the knowledge and skills of the food entrepreneur group mothers before and after the training by 10 points</p>	<ol style="list-style-type: none"> <li>3. Establishment of a Sustainable Frozen Food Manager: The program established a dedicated management team in the cooperative to produce, package, and market frozen food in a sustainable manner, allowing the cooperative to sell stable products in the market.</li> <li>4. Facility Support for Frozen Food Businesses: The program provided one freezer unit to the cooperative, which facilitates better storage of frozen food products and enables cooperative members to maintain product quality for a longer period of time.</li> <li>5. Improved Cooperative Economy and Independence: With new knowledge on food safety, packaging, and marketing, as well as facility support, the cooperative is expected to increase its members' income and drive economic growth among housewives in Tanjung Gusta Village.</li> </ol>	



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		<p>from a score of 75 to a score of 85. For this reason, it is hoped that participants in community service activities can implement and develop their food business as an effort to increase family income. Furthermore, it is hoped that the freezers that have been donated can be utilized optimally and maintained as well as possible to improve the food business. After the service activities are completed, partners are expected to maintain and maintain the facilities provided by the service team and further facilitate the facilities and infrastructure for packaging and marketing frozen food that meets health requirements.</p>		
19.	<p>Pemberdayaan Siswa SMP dalam Penanggulangan Narkoba dengan Metode Ceramah serta Diskusi dan Ceramah dengan Permainan Roda Putar Berbasis IT Di SMP 41 Medan (Empowerment of Junior High School Students in Countering Drugs with Lecture and Discussion Methods and Lectures with IT-Based Spinning</p>	<p>Drug abuse is a very complex problem, which requires comprehensive mitigation efforts involving multidisciplinary, multisectoral cooperation and active community participation which is carried out continuously, consistently and consistently. Word Drugse Reports in 2018 published by the United Nations Office on Drugs Drug use cannot be separated from cigarettes and alcohol which have addictive properties. The results of research at Columbia University USA, teenagers who smoke are 5 times more likely to drink alcohol and use marijuana 13 times more. The spinning wheel game is a learning media using the twister game where students are required to be active, making students think, talk, listen and work together. The spinning wheel used in this service is an IT-</p>	<ol style="list-style-type: none"> <li>1. Improving Students' Knowledge of the Dangers of Drugs: The training using lectures and discussions, as well as lectures with IT-based spinning wheel games, successfully improved the understanding of students of SMP Negeri 41 Medan on the dangers of drugs. Students' knowledge score increased from 83 to 95 in the lecture and discussion group, and from 86 to 109 in the wheel game group.</li> <li>2. Enthusiasm and Active Participation of Students: Both training methods, especially the IT-based spinning wheel game, were enthusiastically welcomed by the students. They were actively involved in the discussions and games, showing high interest in learning more about drug prevention.</li> <li>3. Formation of Drug Prevention Teams in Schools: The program encourages the formation of special teams in schools of trained students to</li> </ol>	<p><a href="https://drive.google.com/open?id=1L3QthurbKAb4XIP8tKYOsUiabeFYOfqo">https://drive.google.com/open?id=1L3QthurbKAb4XIP8tKYOsUiabeFYOfqo</a></p>



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	Wheel Games at SMP 41 Medan)	<p>based rotating wheel board media. The service carried out is empowering junior high school students in preventing and controlling drugs through lecture and discussion methods as well as lectures and IT-based spinning wheels. The activities carried out began with socialization, namely an explanation of the training plan, to the school principal for the recruitment of students who took part in the training. Carrying out training activities on empowering junior high school students in drug prevention and control, and forming drug control teams in schools. The results of the service show that students are very interested and enthusiastic in participating in activities in both methods and media. Apart from being caused by the methods and media applied, it is also related to material that is hot for teenagers and is available in the surrounding environment. The results of the service show that drug training for students using lecture and discussion methods and spinning wheels is very popular with middle school students. Descriptively, there was an increase in the average score of students who were given training with lectures and discussions, which was 6.786 and the wheel group was 7.786. There is an average difference between the lecture and discussion method and the spinning wheel method. It is hoped that participants in community service activities can apply what</p>	<p>support drug prevention efforts, serving as agents of change within the school community.</p> <ol style="list-style-type: none"> <li>4. Innovative Learning Methods that Appeal to Youth: The use of an IT-based spinning wheel game as a learning tool makes the training more engaging and interactive, which improves the retention of information about the dangers of drugs among adolescents.</li> <li>5. Educational Model with Potential to be Implemented in Other Schools: The program demonstrated the effectiveness of active learning methods in educating students about the dangers of drugs, providing a model that can be adopted in other schools to address the problem of drug abuse among students.</li> </ol>	

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		has been trained by the service team regarding drug prevention.		
20.	Pemanfaatan Media Sosial melalui Tokoh Agama untuk Peningkatan Sanitasi di Puskesmas Belawan (Utilization of Social Media through Religious Leaders for Sanitation Improvement at Belawan Health Center)	Medan Belawan Sub-district is one of the densely populated areas that has poor environmental sanitation conditions. Community behavior is one of the important factors affecting environmental pollution. The daily activities of people who are reluctant to pay attention to environmental management and sanitation improvements in their homes create environmental sanitation problems. The priority problem is the low knowledge of the community in Medan Belawan Sub-district about sanitation, which can be seen from the behavior of the community. Utilizing social media by involving the role of religious leaders in disseminating health information can be done to overcome these problems. Approaching religious leaders, forming groups that manage social media, conducting training and strengthening social media content and empowering religious leaders in disseminating health information. Furthermore, religious leaders will conduct lectures on sanitation at the Belawan Health Center to be recorded and edited interestingly to be used as health content which will later be shared on social media such as Instagram and Youtube, so that by seeing the lecture content, public knowledge increases about sanitation and people can implement clean and healthy living behaviors.	<ol style="list-style-type: none"> <li>1. Improving Community Knowledge on Sanitation through Religious Leaders: The program successfully empowered religious leaders to give talks on the importance of sanitation, which were published on social media such as Instagram, YouTube and WhatsApp. This improved the Belawan community's understanding of basic good hygiene and sanitation practices.</li> <li>2. Behavior Change Towards Clean and Healthy Living: With lectures given by religious leaders recognized by the community, the program succeeded in encouraging changes in people's behavior to better maintain environmental and personal hygiene, including the importance of washing hands and using proper latrines.</li> <li>3. Strengthening Health Education Content: Students were trained in creating and editing engaging social media content on sanitation and health. This content is expected to reach more people and disseminate important information effectively.</li> <li>4. Effective Collaboration between Puskesmas and Community Leaders: The collaboration between Puskesmas Belawan and religious leaders strengthens community-based disease prevention efforts. This makes the Puskesmas a health information center that is fully supported by respected community figures.</li> <li>5. Support in Stunting Prevention through Better Sanitation: Through relevant sanitation campaigns and education, the program contributes to stunting prevention in the</li> </ol>	<a href="https://drive.google.com/open?id=1DVeUchbrTc39CxBwKNO7N-tap7ssUGEj">https://drive.google.com/open?id=1DVeUchbrTc39CxBwKNO7N-tap7ssUGEj</a>



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			<p>Belawan area. The community is encouraged to maintain cleanliness as part of worship and efforts to improve the health of children and families.</p>	
21.	<p>Optimization of Stunting in Communities in Bahliran Village Through The Application Peduli Stunting “PENTING”</p>	<p>Stunting in children must receive attention. This condition can indicate that the child’s nutrition is not adequately met. If left untreated, stunting can have long- term impacts on children. The increasingly rapid development of technology affects human life, one of which is the health aspect. This makes it easier to access and disseminate information. The use of technology must be used effectively and efficiently to improve public health. The presence of E-stunting is an implementation of the digitization of child nutrition recording and reporting—an application designed with various features that provide information about stunting. One of the features found in E-stunting is Food Recall. This research aims to solve health problems in Bahliran Village by empowering the community through the stunting care application (Important) to increase community awareness of stunting and Clean and Healthy Living Behavior. This research took eight months, with a research approach method that took three research stages, namely: a) Stage 1. This stage is the initial stage carried out in community empowerment. b) Stage II. In this second stage, there is a transformation of knowledge and skills. In this case, there is a need to learn about various knowledge and skills to support the empowerment</p>	<ol style="list-style-type: none"> <li>1. Increased Public Awareness and Knowledge about Stunting: Through socialization and education in community service activities, Bahliran Village residents understand more about stunting, its risk factors, and its long-term impacts. This understanding encourages families to pay more attention to their children's nutritional intake.</li> <li>2. Utilization of the “IMPORTANT” Application for Stunting Monitoring: Communities are taught to use the “IMPORTANT” application as a tool for self-monitoring child growth. This application makes it easier for parents and health cadres to monitor children's growth data and detect the risk of stunting early.</li> <li>3. Empowerment of Health Cadres for Monitoring and Evaluation: Bahliran Village health cadres are trained to conduct routine monitoring using the “IMPORTANT” app. They are responsible for ensuring that child growth data is inputted correctly and providing interventions if children at risk of stunting are found.</li> <li>4. Promotion of Clean and Healthy Living Behavior (PHBS): The program also socializes the importance of PHBS, such as hand washing and maintaining environmental hygiene, which plays an important role in preventing stunting and improving general health.</li> <li>5. Active Participation from the Community and Support from the Local Government: The community's participation in using the app and</li> </ol>	<p><a href="https://drive.google.com/open?id=1E55_gUbbpJRdRJExRSVp0mSGbg_aVYUcG">https://drive.google.com/open?id=1E55_gUbbpJRdRJExRSVp0mSGbg_aVYUcG</a></p>

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		<p>activities. c) Stage III. Increased intellectual abilities and skill proficiency. In this activity, the people of Bahliran Village can take advantage of the IMPORTANT (Stunting Care) application, which is expected to reduce stunting rates and create a healthy and empowered community.</p>	<p>participating in education, as well as the government's support, shows a shared commitment to reducing stunting in Bahliran Village. This application is expected to play a significant role in accelerating the achievement of national stunting reduction targets.</p>	
22.	<p>Pemberdayaan dan Pendampingan Komunitas Penyandang Disabilitas dalam Memelihara Kesehatan Gigi Mulut pada Siswa SLB di Provinsi Sumatera Utara (Empowerment and Assistance of Communities with Disabilities in Maintaining Oral Health in Special Education Students in North Sumatra Province)</p>	<p>Persons with disabilities (PWDs) or children with special needs are part of Indonesian society who have the same position, rights, obligations and roles as of the Indonesian people in their lives and livelihoods, including living a healthy life. In the Sustainable Development Goals (SDGs) 2030 include one of the goals, namely promoting healthy living and supporting prosperity for all (SDGs 3). The Ministry of Health of the Republic of Indonesia (Kemenkes) is intensively promoting the socialization of the Healthy Living Community Movement. However, it is reported that 15 out of every 100 people in the world are people with disabilities and it is estimated that 50% of people with disabilities cannot afford health services. Respecting the rights of persons with disabilities is an important aspect in national development planning. With this commitment, people with disabilities should be entitled to live healthy and prosperous lives. This Community Service Program (PPM) aims to provide assistance to the community of people with disabilities in Special Schools in Deli Serdang Regency of Medan City and State Special Schools at</p>	<ol style="list-style-type: none"> <li>1. Improved Knowledge and Skills of Teachers and Parents: Through training on oral health, teachers and parents in SLB-C Karya Tulus and SLB Negeri Sidikalang understand the importance of dental hygiene for children with special needs as well as assistance techniques in maintaining children's dental hygiene.</li> <li>2. Forming the habit of brushing teeth independently: This activity encourages children with special needs to start getting used to brushing their teeth independently, with support from teachers and parents. This assistance is expected to help children form a sustainable hygiene routine.</li> <li>3. Strengthening the Role of Teachers and Parents as Dental Health Supporters: Teachers and parents in special schools are provided with educational materials and practices that make them facilitators in children's dental health care. This creates a supportive environment for better dental health for children with special needs.</li> <li>4. Coordination with Health Facilities: The program recommends regular check-ups every six months for special needs students, in collaboration with the nearest puskesmas or health facility for early detection and treatment of dental problems, such as caries or cavities.</li> </ol>	<p><a href="https://drive.google.com/open?id=1cEB3N7MCoV7Vz_NaU7mJMf5S8ydUP_qL">https://drive.google.com/open?id=1cEB3N7MCoV7Vz_NaU7mJMf5S8ydUP_qL</a></p>



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		<p>Sidikalang city. This program specifically to teachers/parents regarding the role of teachers/parents in providing/guiding children to maintain their dental and oral health. The most effective promotive and preventive efforts are carries out on school students because efforts to improve health must be early as possible and carried out continuously therefore it becomes a habit for students to behave in a healthy lifestyle. Including for people with disabilities therefore they can independently carry out health care.</p>	<p>5. Commitment to a Sustainable Prevention Program: The continuous implementation of promotive and preventive activities in these schools is expected to reduce the prevalence of caries and other dental problems in children with special needs, supporting the improvement of their quality of life and long-term health.</p>	
23.	<p>Penguatan Nilai Interaksi Sosial Sesama Lansia Dan Keluarga Pada UPT Pelayanan Sosial Lanjut Usia Binjai Melalui Desain Taman Lansia (Strengthening the Value of Social Interaction Among the Elderly and Family at UPT Social Services for the Elderly Binjai through the Design of an Elderly Park)</p>	<p>Nursing homes are places for the elderly who need special care and attention. Inside nursing homes, the elderly often experience loneliness, social isolation, and lack of interaction with the surrounding environment. This can have a negative impact on their physical and mental well-being. Therefore, this research aims to design a social interaction space for the elderly and their families. The social interaction space will later be used as a place for families who want to visit to minimize the occurrence of jealousy from other elderly whose families do not visit or even have no family. This activity begins with conducting surveys and interviews to better understand the needs and interests related to social interaction in the park. And a Forum Group Discussion (FGD) was held to unite input for further design improvements so that it would be taken into consideration for the team in making revisions to make it</p>	<ol style="list-style-type: none"> <li>1. Increased Social Interaction of the Elderly and Family: The construction of an interaction room at the UPT Social Services for the Elderly Binjai provides a comfortable place for the elderly and families to interact, helping to reduce feelings of loneliness and jealousy among the elderly who are rarely visited by family.</li> <li>2. Physical and Mental Health Support Facilities: Facilities such as foot therapy with the Gara Rufa fish pond, children's playground, and safe pedestrian areas are designed to support the physical and mental health of the elderly, increasing comfort and happiness through a calm atmosphere and pleasant social interactions.</li> <li>3. Inclusive Elderly Friendly Environment: The design of the senior park considers senior accessibility and safety, including the use of non-slip materials on pedestrians, making the environment more inclusive and safe for seniors, their families, and other visitors.</li> </ol>	<p><a href="https://drive.google.com/open?id=1xmGQtznZM-iLcesi8L1kRoBUk4UsmDy">https://drive.google.com/open?id=1xmGQtznZM-iLcesi8L1kRoBUk4UsmDy</a></p>

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		<p>more perfect. In the results obtained, a meeting was held to discuss matters related to the construction of social interaction spaces and then construction will be carried out with an agreed design plan.</p>	<ol style="list-style-type: none"> <li>4. Improved Quality of Life for the Elderly: With the existence of social interaction spaces and supportive facilities, the quality of life of the elderly in the UPT Social Services has improved. They have a place to socialize, engage in light physical activity, and enjoy a pleasant atmosphere with their families.</li> <li>5. Model of an Integrated Approach to Elderly Care: The program created a design model of an elderly park integrated with social and health activities, which can be applied in other facilities to improve the well-being of the elderly through a holistic approach involving families and communities.</li> </ol>	
24.	<p>Komunikasi Persuasif Peningkatan Pemahaman Fungsi Rehabilitasi Panti Rehabilitasi Narkoba (Persuasive Communication to Improve Understanding of the Rehabilitation Function of Drug Rehabilitation Centers)</p>	<p>Drugs are addictive because they cause dependence, and are classified as psychoactive substances because they affect the brain and change the behavior of the user. A person who has been categorized as addicted to drugs or other chemical substances is expected to be taken and treated at a social rehabilitation beach or the like Problems related to drug abuse in Indonesia are currently quite alarming. The National Narcotics Agency of the Republic of Indonesia (2007: 8) states that the drug problem is a critical and complicated issue that cannot be solved by only one party, because drugs are not only an individual problem but a problem for everyone. Finding the right solution involves the government, non-governmental organizations (NGOs), and local communities and families. Thus, more roles are needed related to persuasive</p>	<ol style="list-style-type: none"> <li>1. Improved Community Understanding of the Function of Drug Rehabilitation: The socialization program using persuasive communication succeeded in increasing community knowledge about the function and importance of rehabilitation centres for drug abuse victims. This helped reduce stigma and increase family support to access rehabilitation services.</li> <li>2. Collaboration with Rehabilitation Foundations and Authorities: Through Forum Group Discussions (FGDs) and seminars, the program successfully built collaboration between rehabilitation foundations, LPPM USU, and the Public Health Association (IAKMI), which supported community awareness and understanding of drug rehabilitation.</li> <li>3. Formulation of More Professional Service Standards: This program helps identify the needs of Rumah Ummi rehabilitation center in providing adequate facilities and infrastructure,</li> </ol>	<p><a href="https://drive.google.com/open?id=1pmvrWpeDWN4bV8FKwrUdupGxlyG0GVkP">https://drive.google.com/open?id=1pmvrWpeDWN4bV8FKwrUdupGxlyG0GVkP</a></p>



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		<p>communication to the community about the importance of rehabilitation and the dangers of drug use. The method of implementing the activity was carried out by conducting observations and also socializing to ordinary people about the function of drug rehabilitation centers. From the results, it was found that to increase understanding of the function of rehabilitation centers, socialization to the community using persuasive communication is needed.</p>	<p>so that the quality of services can be improved and meet the standards of good rehabilitation services.</p> <ol style="list-style-type: none"> <li>4. Holistic Approach in Drug Rehabilitation: A seminar involving various experts discussed the importance of psychological, spiritual, and community approaches in recovery. This enriched the community's perspective that drug rehabilitation requires comprehensive support.</li> <li>5. Stigma Reduction and Increased Support for Addicts: The program succeeded in getting the community to care more and support the recovery of drug victims, creating a more inclusive and empathetic environment for those undergoing rehabilitation.</li> </ol>	
25.	<p>WEB-Based Empowerment of Individuals to Detect Health Status and Follow-Up Treatment</p>	<p>The high morbidity and mortality rate of the community is due to lack of knowledge in detecting health status and inability to make decisions to overcome health problems, causing delays in treatment. Providing education in the form of simulations and applying patents of a method of increasing independence for detecting health status and following up on appropriate treatment and patents of WEB site-based self-care methods is the application of information and communication technology in nursing services which is one solution to overcome this because it can optimize individual independence so that distance, time, place, and cost are not an obstacle to getting nursing services and achieving SDGs 3; ensuring a healthy life and improving the welfare of the population. Community</p>	<ol style="list-style-type: none"> <li>1. Improving Community Independence in Health Detection: Through the use of a health-based website, 65% of 173 respondents in the Medan Sunggal Health Center working area were able to independently detect their health status and follow up on treatment without having to rely on health facilities for initial check-ups.</li> <li>2. Easy Access to Health Services through Technology: The website provides information that can be accessed anytime by the community at no cost, supporting the accessibility of health services and bringing the community closer to valid and precise medical information.</li> <li>3. Need for Assistance for Specific Groups: While the majority can use the technology independently, 35% of respondents still require assistance, suggesting the need for additional training for groups that need help using digital health platforms.</li> </ol>	<p><a href="https://drive.google.com/open?id=1iHWaONUr53IIQuyK8WHSP4GLbL-BUm">https://drive.google.com/open?id=1iHWaONUr53IIQuyK8WHSP4GLbL-BUm</a></p>

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		<p>service uses interview methods, health promotion about upper respiratory tract infections, hypertension, infections, rheumatism, dental caries, skin infections, refractive errors, pulmonary tuberculosis, pulp and pariapical tissue diseases and cataracts. Followed by simulations, assistance to all participants in using the WEB <a href="https://ariganursingselfcare.com/">https://ariganursingselfcare.com/</a>, observation and monitoring of the application of WEB to increase independence in detecting health status and following up on treatment. Community service was carried out from August to October 2023 in the community in the Medan Sunggal Health Center working area with a total of 173 people. The results showed 113 (65%) respondents were independent in detecting health status and following up on treatment, but there were still 60 (35%) respondents who needed continuous assistance in applying the WEB.</p>	<ol style="list-style-type: none"> <li>4. Morbidity and Mortality Reduction through Early Detection: The program is expected to reduce morbidity and mortality through early detection of symptoms of common diseases such as hypertension, infections, and diabetes, as well as faster and more appropriate action guidance for the community.</li> <li>5. Recommendations for Evaluation and Improvement of Digital Health Literacy: Special evaluation and approaches are needed to improve digital health literacy in the community, including the development of content that is easier to understand, in order to strengthen community independence in maintaining health.</li> </ol>	
26.	<p>Peningkatan Mutu Pelayanan melalui Penguatan Kapasitas Tenaga Kesehatan di Dinas Kesehatan Kabupaten Dairi (Improving Service Quality through Strengthening the Capacity of Health Workers at the Dairi District Health Office)</p>	<p>The Dairi District Health Office is a health office with type A which oversees 18 health centers for guidance. All existing Puskesmas have been accredited where 8 Puskesmas with basic accreditation ratings and 10 Puskesmas with intermediate accreditation ratings. In accordance with Law No. 25 of 2004 concerning the National Development Planning System, Puskesmas as a regional work unit must prepare a Strategic Plan that contains vision, mission, goals, strategies, policies, programs, and development</p>	<ol style="list-style-type: none"> <li>1. Capacity Building of Health Workers in Strategic Plan Development: Through the workshop, health workers at the Dairi District Health Office gained skills in developing a Strategic Plan (Renstra) that is more appropriate to local needs and based on a health situation analysis. This improved the quality of health planning in the district.</li> <li>2. Strengthened Understanding of Health Performance Indicators: This workshop helped participants understand the performance indicators that are relevant in the evaluation and monitoring of health services at Puskesmas.</li> </ol>	<p><a href="https://drive.google.com/open?id=1tMvu-9G1fixzN1rw7Nf9RclRDWWrjE_K">https://drive.google.com/open?id=1tMvu-9G1fixzN1rw7Nf9RclRDWWrjE_K</a></p>

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		<p>activities. The strategic plan is a reference for the work unit in preparing annual planning and organizing development. This is a guideline for Puskesmas to develop a Puskesmas strategic plan which will later be elaborated in an annual work plan. This research aims to provide refreshing knowledge to health workers at the Dairi Regency Health Office. This research takes 6 months, with a form of community service that takes 3 stages, namely: a) Stage 1. This stage is the initial stage carried out in community empowerment. b) Stage II. In this second stage is the transformation of knowledge and skills, in this case it is necessary to learn about various knowledge, and skills to support the empowerment activities carried out. c) Stage III. Increased intellectual abilities and skills. The stages of activities that have been prepared based on the needs of the partners have been carried out using the interview method in-depth interviews with structural officials in the Dairi Regency Health Office.</p>	<p>Although there were differences of opinion at the beginning, a commitment was made to align the indicators with the objectives of the Strategic Plan.</p> <ol style="list-style-type: none"> <li>3. Cross-Sector Advocacy for Health Support: Through advocacy activities, the Health Office successfully strengthened cross-sector collaboration to support health programs in Dairi District, increasing the involvement of other agencies in supporting public health targets.</li> <li>4. Identification of Local Health Issues and Resources: Focus Group Discussions (FGDs) involving various parties helped identify the health problems faced and resources available in Dairi District, providing a clear picture for more effective planning.</li> <li>5. Joint Commitment to Improve Strategic Plan and Work Program: The program resulted in the commitment of structural officials and health workers to improve the Renstra, Annual Work Plan, and outcome indicators, so as to have a more significant impact on improving the quality of health services in the region.</li> </ol>	
27.	Education and Workshop of Healthy Food Prepared from Tilapia Fish to Prevent Stunting at Biru-Biru District, Deli Serdang	<p>Tilapia is a freshwater fish with high protein content 43.76%, fat 7.01%, and ash content 6.80%. Biru- biru district at Deli Serdang Regency, North Sumatera is one of the tilapia cultivation centers. This community service was aimed to educate people at Biru-Biru district in processing tilapia fish into healthy and useful food products as an alternative prevention of stunting in children. The method used to conduct the activity included socialization, education</p>	<ol style="list-style-type: none"> <li>1. Improved Community Understanding of Stunting Prevention: Through education and counseling in Biru-Biru Sub-district, the community, especially mothers, gained a deeper understanding of stunting and the importance of nutrition in preventing the condition, by utilizing tilapia as a source of protein.</li> <li>2. Skill Enhancement in Tilapia Processing: The program equipped the community with skills to process tilapia into healthy food products such</li> </ol>	<p><a href="https://drive.google.com/open?id=1T7c4QZsYdYQligfuGzR1wEgRT8yD_vu_">https://drive.google.com/open?id=1T7c4QZsYdYQligfuGzR1wEgRT8yD_vu_</a></p>

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		<p>and facilitating to process tilapia fish as a healthy food in the form of cookies and floss. The evaluation of understanding level and interest were conducted using before and after activity quistionare. The community service activity was performed very well and the level of understanding and interest increased from the range of 70-94% become 81-100% after the activity had been conducted. The community service activity was proved to increase the interest and understanding of tilapia fish utilization to processed food product in the form of biscuit and floss. Therefore, it can be a solution to prevent stunting in children. Apart from being beneficial for health, this processed food product can be an alternative as business product with high competitive value in the future.</p>	<p>as biscuits and shredded fish, which are high in protein and can help prevent stunting in children.</p> <ol style="list-style-type: none"> <li>3. Economic Opportunities for Local Communities: Tilapia biscuits and shredded fish products have the potential to become local superior products that can be marketed, creating new business opportunities for the community and increasing family income.</li> <li>4. Positive Response and High Level of Favorability of the Product: Based on the assessment results, the biscuits and shredded tilapia products were liked by the community in terms of color, aroma, taste, and packaging, indicating good potential acceptance in the local market.</li> <li>5. Stimulus for Entrepreneurship and Program Sustainability: The program encourages the community to produce healthy food independently and consider entrepreneurial aspects, which is expected to continue and develop into independent small businesses in the future.</li> </ol>	
28.	<p>Pelatihan DAGUSIBU sebagai Upaya Peningkatan Pemahaman tentang Obat pada Masyarakat Desa Biru-Biru Kecamatan Sibiru-Biru (DAGUSIBU Training as an Effort to Increase Understanding of Medicines in Biru-Biru</p>	<p>DAGUSIBU is an abbreviation of DA (Get medicine correctly), GU (Use medicine correctly), SI (Store Medicine correctly), and BU (Dispose of medicine correctly). The program explains the procedures for managing medicines from the start of getting the medicine until the time the drug is taken, which is No. longer consumed and is finally thrown away. In Indonesia, especially in Biru-Biru Village, Biru-Biru District, Deli Serdang Regency, public knowledge regarding the proper and correct use and management of medicines is still</p>	<ol style="list-style-type: none"> <li>1. Improved Community Understanding of Proper Medicine Management: The DAGUSIBU program succeeded in improving the Biru-Biru Village community's understanding of drug management, from how to obtain, use, store, and dispose of drugs properly. This is evident from the increase in knowledge after education, which reached 80-100%.</li> <li>2. Prevention of Drug Abuse and Misuse: Through direct education, the community better understands the risks of drug abuse and the importance of following the rules in the use of</li> </ol>	<p><a href="https://drive.google.com/open?id=1uebSqo0h4So2SUASbI59INMiAPe7cPX4">https://drive.google.com/open?id=1uebSqo0h4So2SUASbI59INMiAPe7cPX4</a></p>

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	Village Community, Sibiru-Biru District)	low. This Community Service aimed to provide education to the community regarding how to use drugs properly and correctly, guarantee a healthy life, and improve welfare so that it is hoped that the community, especially in Biru-Biru Village, Biru-Biru District, Deli Serdang Regency, will be more educative and informative in using medicines.	<p>antibiotics and other drugs, which is expected to prevent drug misuse and its impact on health.</p> <ol style="list-style-type: none"> <li>3. Reduction of Negative Environmental Impacts: Education on how to properly dispose of medicines helps communities understand the importance of disposing of expired or leftover medicines in a safe manner, reducing the risk of environmental pollution.</li> <li>4. Strengthening Health Awareness in the Community: Through the installation of educational banners and signs in strategic locations, the program strengthens community awareness on the proper use of medicines, making the information more accessible on an ongoing basis.</li> <li>5. Positive Response and Active Participation: The Biru-Biru Village community showed a positive response and high enthusiasm for the program, as evidenced by active participation in discussions and a desire to join similar activities in the future.</li> </ol>	
29.	Chrysanthemum Anti Aging Cream Business Model to Enchance Community Income in Raya Tourism Village	The village-owned enterprise agency is formed from the results of the community of the village of Raya, which aims to develop the economy of the surrounding community. One of the business units that BUMDes Arih Ersada owns is Agrowisata. BUMDes Arih Ersada currently provides the agrowisata experience, which includes visiting the 1000 flower garden and exploring the flower market. Therefore, BUMDES Arih ERsada wants to develop the experience of agrowisata by providing the products produced from the plantations of these flowers. The business partner of this	<ol style="list-style-type: none"> <li>1. Utilization of Chrysanthemum Flowers for Value-Added Products: This program successfully repurposed chrysanthemum flowers, traditionally used only as cut flowers, into an anti-aging cream. This opens opportunities for product diversification from the agrotourism activities of BUMDes Arih Ersada in Raya Village.</li> <li>2. Enhanced Agrotourism Management Capacity: Through training on tourist village management and the business model of chrysanthemum-based anti-aging cream, BUMDes managers and the local community gained new insights into</li> </ol>	<a href="https://drive.google.com/open?id=14CPutFMA6CAVlV17r71tzE57riwnOD89">https://drive.google.com/open?id=14CPutFMA6CAVlV17r71tzE57riwnOD89</a>



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		<p>international devotion program is BUMDES Arih Ersada, who participates in the provision of raw materials and places of devotion during this activity. The raw material provided by BUMDES is a chrysanthemum plant, which is an outstanding plant according to the Ministry of Tourism. Activities that have been carried out include socialization on improving the management of high-speed tourism villages, socialization on the use of chrysanthemum as an anti-aging cream, Material Exhibition Business model Canvas anti-aging cream</p>	<p>developing derivative products that attract tourists and increase economic value.</p> <ol style="list-style-type: none"> <li>3. Business Model Development for Community Economic Empowerment: The introduction of a canvas business model helped BUMDes design and initiate a new venture based on anti-aging cream, expected to boost village income and create job opportunities for the community.</li> <li>4. Support for Sustainable Agrotourism: By educating the community on the sustainable use of chrysanthemum flowers, the program promotes more efficient and eco-friendly agrotourism management while enriching the visitor experience with innovative local products.</li> <li>5. Positive Response and Community Collaboration: The community and village tourism managers showed enthusiasm for product diversification, actively participating in discussions and expressing readiness to make the anti-aging cream a flagship product for Raya Village's agrotourism.</li> </ol>	