

Stunting is still a problem that must be solved in Indonesia.

Based on the results of the 2019 Toddler Nutrition Status survey, the **prevalence of stunting in Indonesia** reached **27.6%**

One of the challenges is the lack of public understanding of stunting.



RUANG RIUNG CERIA

YTN & HM

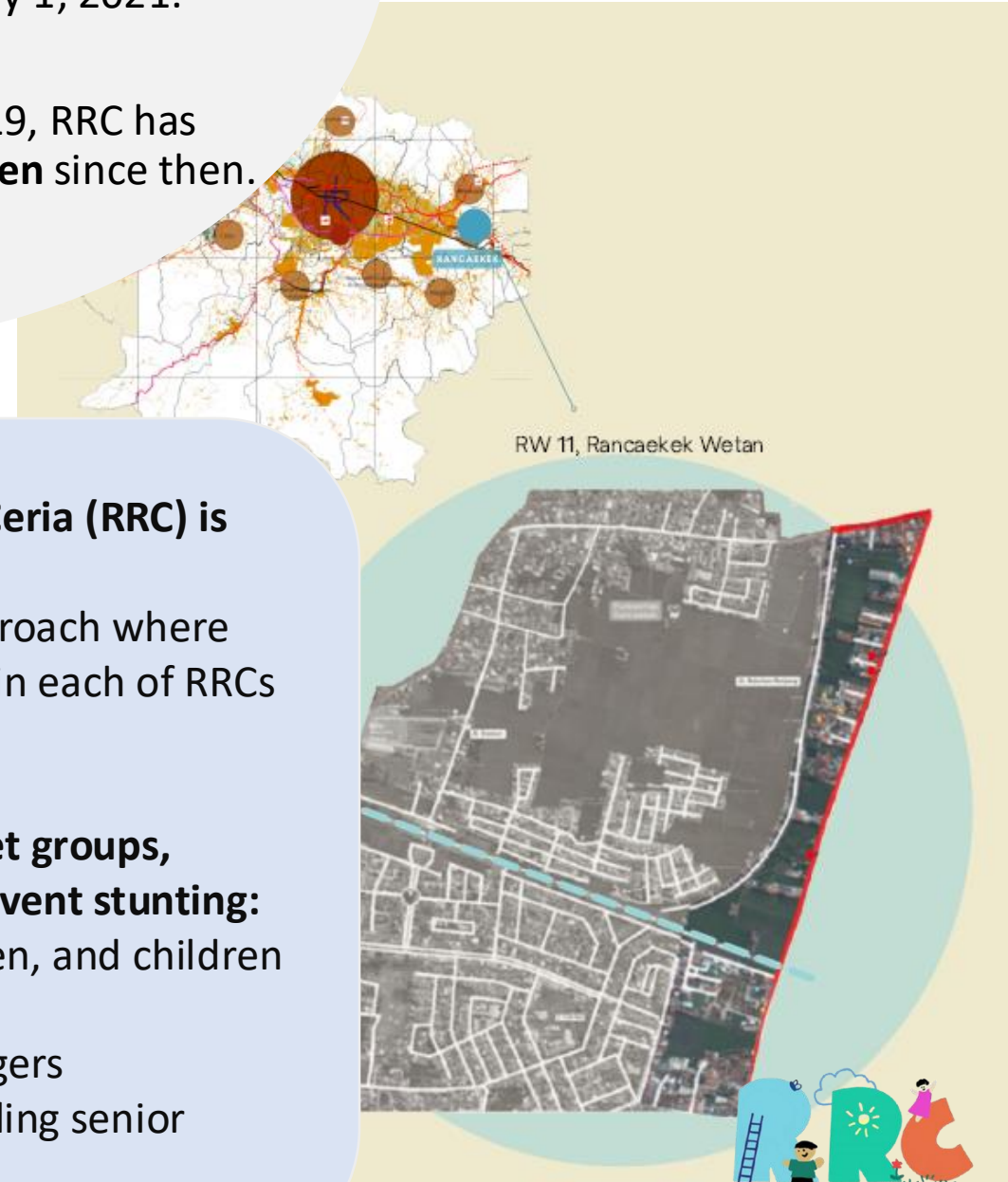
A Tunas Nusa & Heights and Minds
Foundation Partnership



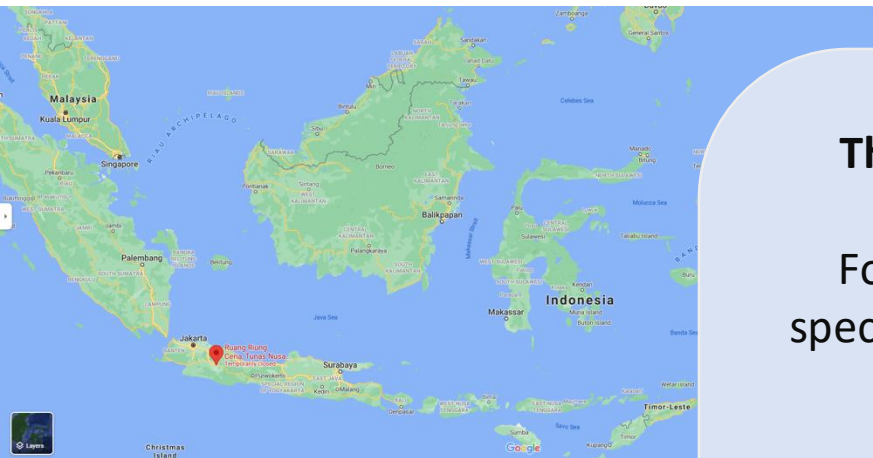


RRC opened its doors in Rancaekek, Bandung, West Java, Indonesia on January 1, 2021.

Despite closings due to COVID-19, RRC has welcomed **300+ women and children** since then.



RW 11, Rancaekek Wetan



The main focus of Ruang Riung Ceria (RRC) is stunting prevention.

For this they use an inclusive approach where specific target groups are arranged in each of RRCs activities.

There are 3 categories of target groups, divided by the priority roles to prevent stunting:

1. Pregnant women, lactating women, and children under 2 years old
2. Children, adolescents, and teenagers
3. The rest of the community, including senior citizen (grandparents)



RRC Activities



Activities for the first and second target group are currently prioritized.

Food Security Improvement Activities:

1. Shopping experiment market
2. Shopping experiment to kiosk



Gardening workshops (Planting vegetables, mushroom cultivation)



Knowledge development

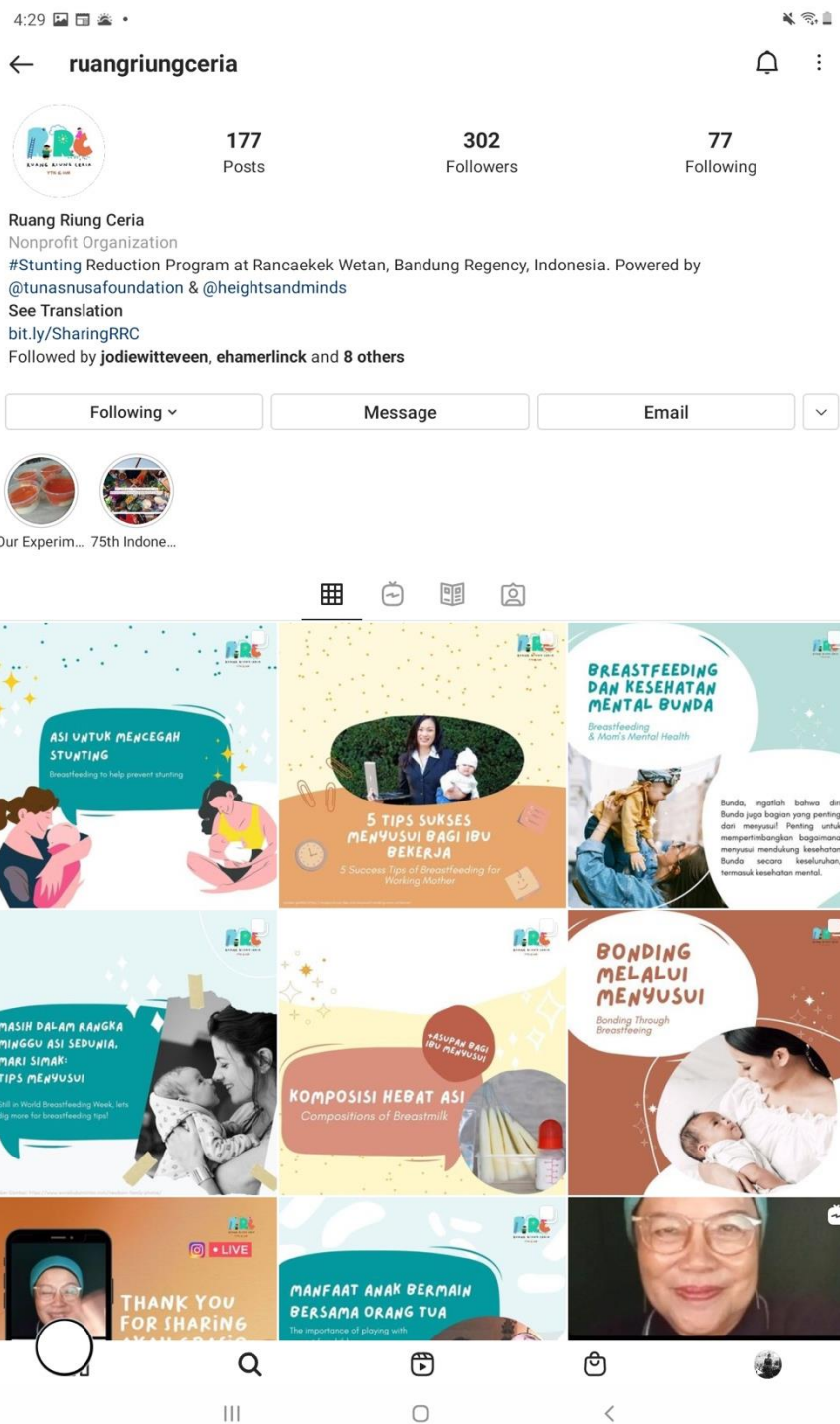


Cooking workshops



Growth monitoring and promotion services





Outreach and social media

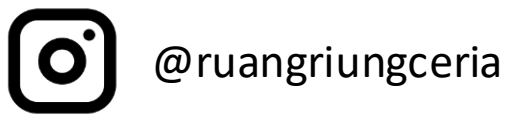
RRC aims to raise awareness of the importance of stunting prevention via social media by sharing educative content about stunting, pregnant & lactating mothers, healthy lifestyle, parenting, clean environment, and more.

WhatsApp, Instagram, Facebook were chosen as social media channels because of the high number of users in Indonesia.

The RRC Instagram is started in December 2020 and now has more than 300 followers.

Most users RRC have reached come from Bandung. While the rest are users from Jakarta, Bogor, Bekasi, Surabaya.

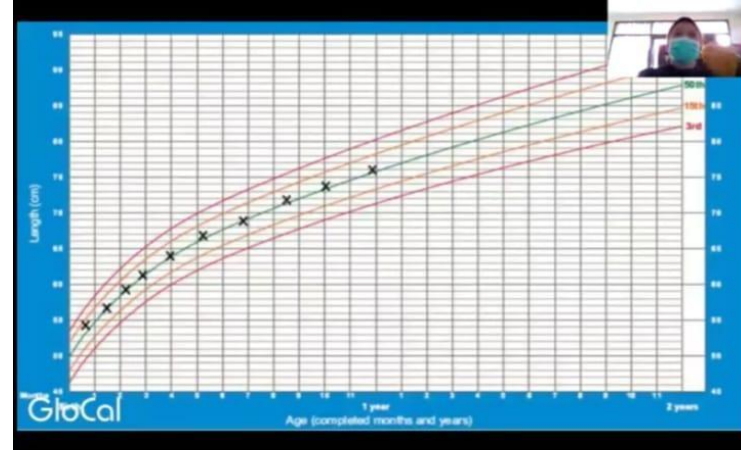
During the COVID-19 lockdown a WhatsApp group chat is used to reach RRC's main target group (pregnant women and young parents).



MODULE:
**GROWTH MONITORING
AND PROMOTION**

THE HEIGHTS AND MINDS FOUNDATION & TUNAS NUSA

THE BASICS E-LEARNING



Growth Monitoring Promotion Training

Selasa, 6 April 2021
10.00-12.00 WIB

Ruang Riung Ceria, Rancaekek
Kelurahan Gumuruh

Ramalis Sobandi, Ph.D.
Founder Yayasan Pilar Tunas Nusa Lestari

dr. Puti Marzoeki, MPH
Former Senior Health Specialist World Bank

dr. Ilsa Nelwan, MPH
Founder Yayasan Jari

Monitoring Tumbuh Kembang Anak (MTK)

MTK adalah sebuah program yang mendukung:

- Mengenal goncangan pertumbuhan – anak-anak yang tidak tumbuh dengan baik
- Memberi nasihat pada orang tua dan penjaga anak tentang tumbuh kembang anak
- Menjawab pertanyaan dan menanggapi kekhawatiran orang tua

Monitoring Pertumbuhan: Tikar Tinggi Badan

Panduan konseling bagi orang tua:

- Tikar Tinggi Badan dari Heights and Minds (HMF) adalah suatu alat yang bisa digunakan untuk memeriksa apakah anak berusia < 2 tahun tumbuh dengan baik.
- Tikar tersebut akan memperlihatkan apabila anak berisiko untuk tidak tumbuh dengan baik, dan agar segera bertindak untuk mencegah malnutrisi kronis dan stunting. Bila anak tidak tumbuh dengan baik, MUM bisa membantu orang tua dengan menjelaskan apa yang harus dilakukan untuk memperbaiki pertumbuhan anaknya.
- Tikar tinggi badan digunakan di MindUp (RRC), dimana MUM telah dilatih untuk a) menggunakan tikar dengan tepat, b) menafsirkan hasil pengukuran dan c) menjelaskan pertumbuhan anak pada orang tuanya
- Tikar tidak untuk mengambil alih papan pengukur tinggi dari puskesmas!

1.000 hari pertama kehidupan

Dalam 1.000 hari pertama kehidupan (9 bulan kehamilan + umur 24 bulan) anak tumbuh dengan sangat cepat: beratnya naik tiga kali lipat, bertambah tinggi hampir dua kali lipat dan otaknya membangun berjuta koneksi.

Days 0, 100, 200, 300, 400, 500, 600, 700, 800, 900, 1000

Month: -9, -6, -3, 0, 3, 6, 9, 12, 15, 18, 21, 24

Monitoring pertumbuhan: Video instruksi tikar tinggi badan

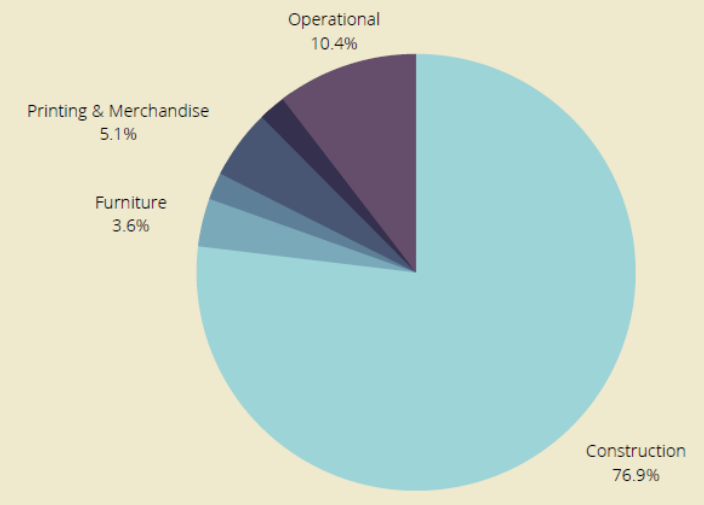
In April 2021, Heights and Minds provided a training on Growth Monitoring and Promotion (GMP) to assure high quality Child GMP services at RRC.

Activity	Resource Requirements (IDR)	Funding
10 years of land lease	100.000.000	YTN Member Donation
Initial building construction	25.000.000	RRC Core Member Donation
Finishing building construction	100.000.000	HMF Donation (IDR 100.000.000) Sponsorships <ul style="list-style-type: none"> • Elephant Gypsum • Elephant Woodplank • MILAN Ceramics
Furniture & fixtures	36.500.000	HMF Donation
Community engagement preparation and trial	15.000.000	YTN Member Donation
Early socialization and facilitation of the community	6.000.000	YTN Member Donation
Operational	15.000.000 / 3 months	HMF Donation
Health professionals and community assistance		<ul style="list-style-type: none"> • Experts from HMF • Experts from YTN • Partners

Note: 1 USD = 14408,30 IDR

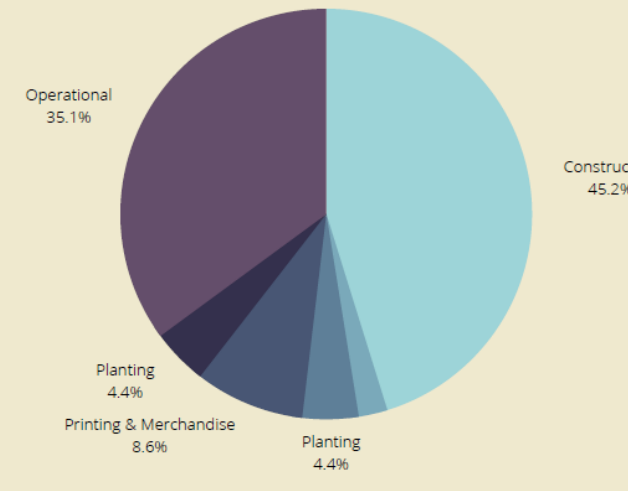
July 2020 - June 2021

Construction	205,409,811.00
Material	101,909,811.00
Labour	103,500,000.00
Furniture	9,501,005.00
Planting	5,349,320.00
Cutlery	1,652,100.00
Printing & Merchandise	13,691,924.00
Operational	27,752,800.00
Total	263,356,960.00



January 2021- June 2021

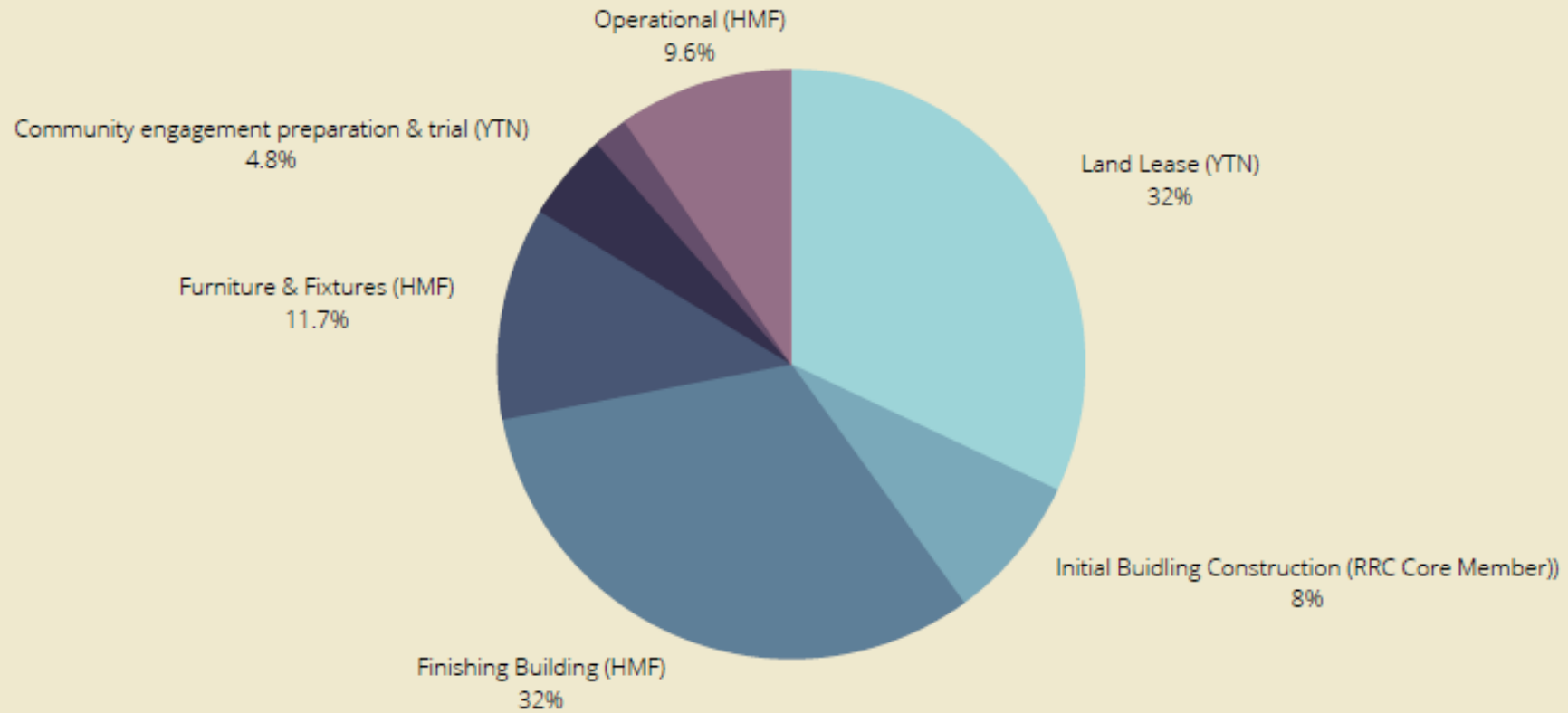
Construction	35,191,000.00
Material	15,696,000.00
Labour	19,495,000.00
Furniture	1,763,168.00
Planting	3,429,000.00
Cutlery	1,061,600.00
Printing & Merchandise	6,709,500.00
Operational	27,232,800.00
Total	110,578,068.00



Budget and costs



Budget & Funding



In order to ensure the sustainability of RRC, there's a need to be financially independent.

Therefore, Heights and Minds Foundation will provide the operational funds for three years while Tunas Nusa develops funding system suited for the regional, cultural, economic condition of the area to be financially independent.



Next steps: September 2021 onwards

- **Optimizing Child GMP services**
- **Continuing Heights and Minds E-learning training for MindUp Managers**
- **Introducing Heights and Minds Highway platform:** IT company ServiceHeroes is providing Heights and Minds with a license to their *ServiceHighway* platform, a multilayered platform with multiple applications. Soon this platform will be used at RRC to minimize reporting and administrative requirements while at the same time maintaining real-time data availability and transparency.
- **Testing first 1,000 days survey with target group:** Heights and Minds Foundation started developing a survey as a monitoring and evaluation tool for the services provided by RRC.
- **Entrepreneurship activities:** RRC will look at several sources of funding in order to operate financially independent within 3 years. One of them is socio-entrepreneurship; using profit obtained by selling RRC's products to fund the program.
- **During COVID-19 lockdown:** Optimizing communication, information and learning activities through social media