



KEMENTERIAN
KESEHATAN
REPUBLIK
INDONESIA



gain
Global Alliance for
Improved Nutrition

GOVERNMENT PROGRAM FOR SCHOOL-BASED NUTRITION PROMOTION

The National Action Plan for the health of school-age children and adolescent 2017-2019
Rencana Aksi Nasional (RAN) Kesehatan Anak Usia Sekolah dan Remaja tahun 2017-2019
covers 8 health issues¹:

1	Sexual and reproductive health	5	Violence and injury
2	Nutrition	6	Non-communicable diseases
3	Hygiene and sanitation	7	Drugs and addictive substances
4	HIV/AIDS	8	Mental Health

School Health Program (*Usaha Kesehatan Sekolah/Madrasah-UKS/M*) is an 'entry point' for various health promotion activities in the school/madrasah



1. Health Education

- Health literacy movement.
- Education for life skill to live a healthy life.
- Hand washing.
- Teeth brushing.
- Physical activity during class/subject changes.
- Breakfast program where students bring their own food that fulfill the balanced diet.

2. Health Care Services

- Regular physical and health check up.
- Vaccination, and anti helminthic, supplementation of iron and folic acid.
- First aid services.

3. Supporting Healthy School Environment

- Support and monitoring of healthy canteen and food vendors around school.
- Garbage disposal management.
- School garden.
- Eradication of mosquito nest.
- Tobacco free school environment.

UKS/M Objective

School Health Program (*Usaha Kesehatan Sekolah/Madrasah-UKS/M*) aims to enable the school community to live a healthy life, to improve the health status of students as well as to create a healthy environment so that the students can reach their optimum potential

UKS/M target

School community, UKS/M Team in each implementation level, community and stakeholders at large

Current Government Programs for Nutrition Intervention/Promotion

My Health Report Card

Consist of 2 series:
Health information and
Health Report.

The nutrition topics covered in the book are breakfast, school canteen, nutritional status, healthy and hygienic life style, physical activity.

Weekly Iron and Folic Acid Supplementation (WIFAS)

IFA supplement is distributed by the community health center to schools/madrasah. The IFA supplement is given once a week to school-going adolescent girls at junior and senior high school level. The school or the local government designate a specific day in a week for the girls to consume the supplement together at school/madrasah.

Healthy School Model

1. Utilization of the literacy time for reading health topic.
2. Regular health screening and checking.
3. Enjoy breakfast and snacks together at school.
4. Distribution of Iron and Folic Acid supplement.

School Children Nutrition Program – Program Gizi Anak Sekolah (ProGAS)

Program focus is the three interrelated components namely:
1. Increasing the nutritional intake through provision of healthy breakfast in accordance to balanced diet guideline utilizing local recipes and food source.
2. Nutrition education.
3. Strengthening character education.
The program target is elementary school students in food insecure areas, stunting locus or specific areas (post disaster area, country borders and remote areas).

1. Kementerian Koordinator Bidang Pembangunan Manusia dan Kebudayaan Republik Indonesia. Peraturan Menteri Koordinator Bidang Pembangunan Manusia dan Kebudayaan Republik Indonesia Nomor 1 Tahun 2018 Tentang Rencana Aksi Nasional Kesehatan Anak Usia Sekolah dan Remaja Tahun 2017-2019. Jakarta; 2018.
2. Kementerian Pendidikan dan Kebudayaan Republik Indonesia, Kementerian Kesehatan Republik Indonesia, Kementerian Agama Republik Indonesia, Kementerian Dalam Negeri Republik Indonesia. Peraturan Bersama Antara Menteri Pendidikan dan Kebudayaan Republik Indonesia, Menteri Kesehatan Republik Indonesia, Menteri Agama Republik Indonesia, Menteri Dalam Negeri Republik Indonesia No. 6/X/PB/2014; No. 73 Tahun 2014; No.41 Tahun 2014; No. 81 Tahun 2014 tentang Pembinaan dan Pengembangan Usaha Kesehatan Sekolah/Madrasah. Jakarta; 2014.