CENTRE FOR NUTRITION AND HEALTH STUDIES Pusat Kajian Gizi dan Kesehatan (PKGK)

Faculty of Public Health Universitas Indonesia (PKGK FKM UI)





- Centre for Nutrition and Health Studies (*PKGK*) is a research centre that was established in 2016 according to FKMUI Dean Decree No. 32/2006 and organized by the Department of Public Health Nutrition, Faculty of Public Health, Universitas Indonesia (FKMUI)
- Centre for Nutrition and Health Studies, Faculty of Public Health aims to participate in increasing capacity in terms of nutrition health policy and decision makers in nutrition programs, providing evidence and nutrition-related information through research, training and nutrition learning, as well as nutrition-related community services





In the last 5 years, Centre for Nutrition and Health Studies (PKGK) has conducted various studies in the field of nutrition. The research was carried out in collaboration with various partners, such as international funding institutions, government institutions and ministries, and companies and industries. The diversity of expertise in the field of nutrition is one of the strengths of PKGK. These expertise include public health nutrition, maternal and child nutrition, food consumption studies, and laboratory-based nutrition research. In addition to research, PKGK also organized various seminars, training and consultations in the field of nutrition and health.





Vision is to become a center of excellence in nutrition and health research in Southeast Asia.

Mission to achieve this vision is through:

- 1. Conduct the research to provide evidence for advocacy and policy in nutrition and health
- 2. Expand the dissemination of research results in the fields of nutrition and health
- 3. Provide consultation and training in the field of nutrition and health
- 4. Strengthen networks with stakeholders in the field of nutrition and health
- 5. Build collaboration with other research centers at national and international levels
- 6. Increase the research capacity of lecturers and students of Public Health Nutrition Department, FPHUI

7. Improve the scientific writing skills of lecturers and students of Public Health Nutrition Department, FPHUI





Field of Expertise

- Public Health Nutrition
- Nutrition and Maternal and Child Health
- Urban Nutrition
- Industrial Nutrition
- Measurement and Assessment of Nutritional Status
- Planning and Evaluation of Nutrition Policy
- Planning and Evaluation of Nutrition Program
- Nutrition and infectious and non-infectious diseases
- Food Safety



Activities

1. Research and Studies

Research and studies in nutrition and health are carried out and continue to be developed to provide data, information and evidence needed by various clients.

2. Community Services

PKGK collaborates with different partners in various types of activities and programs

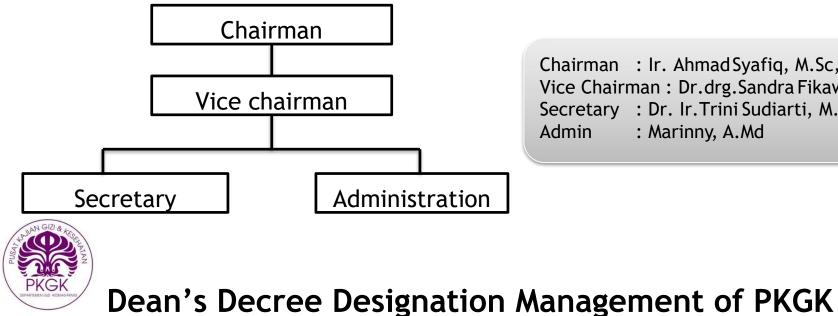
3. Training

PKGK provides taylor-made training to serve various purposes related to PKGK's vision and mission

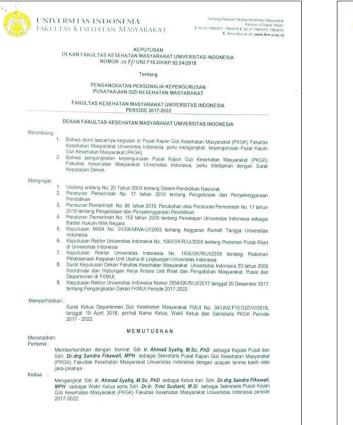




Management structure



Chairman : Ir. Ahmad Syafiq, M.Sc, PhD Vice Chairman : Dr.drg.Sandra Fikawati, MPH Secretary : Dr. Ir. Trini Sudiarti, M.Si : Marinny, A.Md







Researchers

Lecturers of Public Health Nutrition Department FPHUI, other lecturers from UI and outside UI who are interested in Nutrition and Health, include:

- Prof. Dr. dra. Ratu Ayu Dewi Sartika, Apt., M.Sc
- Prof. dr. Endang L. Achadi, MPH, Dr.PH
- Prof. Dr. dr. Kusharisupeni Djokosudjono, M.Kes
- Dr. Ir. Asih Setiarini, M.Sc
- Dr. Ir. Diah Mulyawati Utari, M.Kes
- Ir. Siti Arifah Pujonarti, MPH
- Triyanti, SKM, M.Sc
- Dr. Fatmah, SKM, M.Sc
- Wahyu Kurnia Yusrin Putra, SKM, MKM
- Dien Anshari S.SoS, M.Si, PhD
- Mardatillah, SKM

- Iftitah, S.Gz
- Lulu'ul Badriyah, SKM, MKM
- Destry Rizkawati, S.Gz, MKM



PKGK has collaboration and supported by various institutions including:





ACTIVITIES



OF PKGK (Last 5 Years)



Research Collaboration

Products

1 Flipchart of Teaching Material

- 1. PT. Frisian Flag Indonesia Year 2014-2018 about "The 1 Book of Teachers' Diary Archipelago Movement (Gerakan Nusantara)" • 1for Students Book of Nutrition Education
- 2 main activities:
 - a. Survey of Knowledge, Attitude and Behavior among elementary school students in 99 elementary schoold of 20 Cities/Regencies in Indonesia
 - b. Nutrition Training for elementary school teacher
 - c. Training was followed by 2961 teachers from 1022 elementary school in 26 Cities/Regencies in Indonesia





Jenis Zat Gizi





Book of Teachers' Diary

Book of Nutrition Education

The Archipelago Movement (Gerakan Nusantara) Year 2014-2018 for Students The Archipelago Movement (Gerakan Nusantara) Year 2014-2018

Flipchart of Teaching Material The Archipelago Movement (Gerakan Nusantara) Year 2014-2018



Research Collaboration

- 2. PT. Frisian Flag Indonesia Year 2017- 2018 about "Research of Milk' Benefit Education"
- 3. PT. Frisian Flag Indonesia Year 2015 about products of students' undergraduate thesis related to The Archipelago Movement (Gerakan Nusantara).

Title of Undergraduate Thesis:

1. Hana Adisti, title: "Dominant Factors Associated With Snack Behavior of Selected Public Elementary Students in DKI Jakarta" 2. Nandya Angelia Nasania, title: "Dominant Factors Associated with Vegetables and Fruits of 5th and 6th Grade Students of Selected Elementary Schools in DKI Jakarta"



Research Collaboration

 Ministry of Health of the Republic of Indonesia in 2016-2018 on "Package of Nutrition Problem Intervention and Application of the First 1000 Days of Life in the Western Region"











Module of Provision of

Book of Enhancement of Breastfeeding Leaflet of Nutrition			on Book of Compl	ementary Feeding	Additional Food (PMT)	Module of Anemia and
	Complementary Feeding	Education for Elderly Co	ommunity Services	Community Services	Ministry of Health	
	Ministry of Health	Ministry of Hea	alth Ministr	ry of Health	Ministry of Health	Year 2018
	Year 2016	Year 2016 Year 2016		ar 2016	Year 2017	



Outcome Collaboration with Ministry of Health







Pesan Gizi Seimbang dengan Pangan Lokal





2017

Leaflet of Effectiveness Study of Additional Food Provision (PMT) Ministry of Health Year 2017 Flipchart of Effectiveness Study of Additional Food Provision (PMT) Ministry of Health Year 2017



Research Collaboration

5. The Ministry of Health Republic of Indonesia in 2016 regarding the product of student' undergraduate thesis related to "Intervention for Increasing Breast Milk and Complementary Feeding (MPASI) in Order to Implement the First 1000 Days of Life Program".

Title of Undergraduate Thesis :

- 1. Putri Mai Saimima, title: "Effect of Breastfeeding Patterns on Growth of Infants 0-6 Months in the Cipayung Depok Health Center Working Area".
- 2. Apit Nopiyanti, title: "Milk Supplementation in Mothers As Dominant Factors of Duration of Giving Exclusive Breastfeeding in Cipayung Depok Health Center Working Area".



Research Collaboration

- 6. JAPFA Foundation Year 2018 about "Nutrition Literacy Study: Development of Instruments and Nutritional Literacy Status in Adolescent Groups in Sumba Barat Daya"
- 7. JAPFA Foundation Year 2018 regarding the product of student' undergraduate thesis related to "Nutrition Literacy".

Title of Undergraduate Thesis :

- 1. Vania Erika Efittreswari, title: "The Differences in Proportion of Adolescent Nutrition Literacy Levels Based on Gender, Parent's Education Level and Family Income Level of Vocational School Students in Regional X Sumba Barat Daya, East Nusa Tenggara".
- 2. Elsa Septiani, title: "The Differences in Proportion of Adolescent Nutrition Literacy Levels Based on Gender, Parent's Education Level and Family Income Level in Selected Public Middle Schools (SMP) in Sumba Barat Daya Regency".



Research Collaboration

8. JAPFA Foundation Year 2018 about "Module Material Arrangement and Capacity Building for Local Expert Partners, Nutrition Corner Program 4 (Four) Fostered Primary Schools by JAPFA Foundation".



Module for Teachers Nutrition Corner Program Year 2018 Students' Pocket Book Nutrition Corner Program Year 2018

Pocket Book for Canteen Officer Nutrition Corner Program Year 2018

Research Collaboration



9. PT. Bayer Indonesia Year 2018 about "Nutrition Literacy Improvement Program for Posyandu Cadres in Assisted by PT. Bayer Indonesia"



Guidance Book for Posyandu Cadre Program of Nutrition Literacy Improvement Year 2018

10. PT. ABC Kogen Dairy Year 2017 about "Research on the Comparison of the Effects of Milk with Beta Casein A2A2 Versus Milk with the Combination of Beta Casein



Content A1A2 (Double-Blind Randomized, Two Way Cross-Over Study)" "Nutrit



Research Collaboration

11. PT. Indofood Sukses Makmur, Tbk Year 2016 About



Workfo rce

ion

Program"

Poster of 4 PGS Pillars Food with a Variety of Food Year 2016 Poster of 4 PGS Pillars Clean and Healthy Behavior Year 2016 Poster of 4 PGS Pillars Routine Physical Activity Year 2016

12. Interchurch Medical Assistance (IMA World Health) Year 2014 about "Formative Research Phase1 of National Nutrition Communications Campaign in Indonesia"



Poster of 4 PGS Pillars Weight Monitoring Year 2016





Research Collaboration

13. Interchurch Medical Assistance (IMA World Health) Year 2015 about "Design and Implementation of Public Health Awareness Campaign to Address





Childhood Stunting in Indonesia"

Poster of Pretest for Nutrition Campaign Material

IMA in 2015



Seminar/Training

- 1. Training of Public Health Nutrition. Depok, Indonesia: 22-24 October 2018. Collaboration with Indonesia Public Health Nutrition Association.
- 2. Seminar: Learn from the experience of the sweetened condensed milk controversy. 10 Agustus 2018. Location: in Faculty of Public Health Universitas Indonesia, Depok.
- Seminar of Adolescent Nutrition. Opportunities Beyond 1000 Days. 07 Mei 2018. Collaboration with Japfa Foundation. Location: in Faculty of Public Health Universitas Indonesia, Depok.



- 4. Training of Nutrition Throughout The Life Cycle: Theory, Practice, and Application. 1 April-30 Mei 2018. Collaboration with JAPFA Foundation.
- 5. Seminar and Workshop Student-Centered Learning/Problem-Based Learning. 7-8 April 2017. Location: in Faculty of Public Health Universitas Indonesia, Depok.
- 6. Nutrition Program Development Training. Depok: 14-15 Oktober 2016.

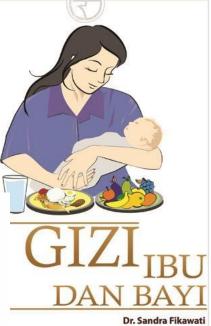


PUBLICATION LIST OF PKGK (Last 5 Years)





Dr. Sandra Fikawati Ahmad Syafiq, Ph.D Arinda Veratamala, S.Gz



Dr. Sandra Fikawati Ahmad Syafiq, Ph.D Khaula Karima, S.Gz

- 1. Joshua West, Ahmad Syafiq, Benjamin Crookston, Cudjoe Bennett, Muhamad R. Hasan, Kirk Dearden, Mary Linehan, Cougar Hall, Scott Torres. 2018. Stuntingrelated knowledge: exploring sources of and factors associated with accessing stuntingrelated knowledge among mothers in rural Indonesia. *Health*, 10, 1250-1260.
- 2. Benjamin T. Crookston, Cudjoe Bennett, P. Cougar Hall, Muhamad Hasan, Mary Linehan, Ahmad Syafiq, Scott Torres, Joshua H. West, Kirk A. Dearden. Benjamin T. Crookston, Cudjoe Bennett, P. Cougar Hall, Muhamad Hasan, Mary Linehan, Ahmad Syafiq, Scott Torres, Joshua H. West, Kirk A. Dearden. 2018. Increased maternal education and knowledge of nutrition and reductions in poverty are associated with dietary diversity and meal frequency in an observational study of Indonesian children. International Journal of Child Health and Nutrition, 2018, 7, 132-138.
- 3. Cougar Hall, Cudjoe Bennett, Benjamin Crookston, Kirk Dearden, Muhamad Hasan, Mary Linehan, Ahmad Syafiq, Scott Torres and Joshua West. 2018. Maternal knowledge of stunting in rural Indonesia. *International Journal of Child Health and Nutrition*, 2018, 7, 139-145.

Year 2014 - 2018

Publication List



- Lindsay M Belvedere, Rebecca Andreasen, Rilee Smith, Kendra Thomas, Trent Sever1 Ahmad Syafiq, Sandra Fikawati, Iwan Hasan, Scott Torres, Mary Linehan, Cudjoe Bennett, Kirk Dearden, Josh West, Cougar Hall, Benjamin Crookston. 2018. Barriers to optimal breastfeeding in Indonesia. *Arch Epidemiol*: AEPD-124. DOI: 10.29011/2577-2252. 100024
- Amanda C. Haines, Allyn C. Jones, Heidi Kriser, Elizabeth L. Dunn, Tyler Graff, Cudjoe Bennett, Muhamad Hasan, Mary Linehan, Ahmad Syafiq, Scott Torres, Kirk A. Dearden, P. Cougar Hall, Joshua H. West, Benjamin T. Crookston. 2018. Analysis of rural

Indonesian mother's knowledge, attitudes, and beliefs regarding stunting. *Medical Research Archives*, vol. 6, issue 11, November 2018.

6. Wike Pratiastuti, Ahmad Syafiq. 2018. Evaluation of Mother and Child Health (MCH) Handbook: A Systematic Review. *Proceedings of International Conference on Applied Science and Health No 3*: 2018.



- 7. Sandra Fikawati, Vina Giolisa Permata Sari. Maternal postpartum weight loss and associated factors in Beji subdistrict Depok City, Indonesia. *Malaysian Journal of Nutrition* Vol 24(1): 47-52, 2018
- 8. Sandra Fikawati, Ahmad Syafiq, dan Mardatillah. Maternal Calorie Intake is a Significant Factor Associated with 6 Months of Exclusive Breastfeeding among

Lactating Mothers in Depok City, Indonesia. *Malaysian Journal of Nutrition* Vol 23(1): 31-41, 2017

- 9. Devi Sihite, Sandra Fikawati, dan Ahmad Syafiq. Maternal Energy Intake at the Sixth Month as Dominant Factor of Exclusive Breastfeeding Success. *National Public Health Journal*. 2017; 12 (2): 87-92
- 10. Sandra Fikawati, Ahmad Syafiq, dan Arinda Veratamala. Gizi Anak dan Remaja (*Nutrition for Children and Adolescent*). Penerbit PT RajaGrafindo Persada. 2017.



- 11. Ahmad Syafiq, Rani Sauriasari, Sandra Fikawati, Puteri Amelia, Atiek Soemijati, Mery Christy & Farida Saragih. Effect of Inulin Supplemented UHT Milk Consumption on Faecal Bifidobacterium sp. and Lactobacillus sp. of Healthy Children in Depok, Indonesia. *Malaysian Journal of Nutrition* 21(2): 1 - 15, 2015.
- 12. Ahmad Syafiq, Retno Widiastuti, Sandra Fikawati. Energy Consumption during Lactation and Duration of Breastfeeding at Puskesmas Margajaya Bekasi City in 2014. *Makara J. Health Res.*, 2015, 19(2): 81-86.
- 13. Adila Prabasiswi, Sandra Fikawati, dan Ahmad Syafiq. Exclusive Breastfeeding and Perception of Insufficient Milk Supply. *Jurnal Kesehatan Masyarakat Nasional* Vol. 9, No. 3, Februari 2015.
- 14. Sandra Fikawati, Ahmad Syafiq, dan Arinda Veratamala. Buku Gizi Ibu dan Bayi (*Maternal and Child Nutrition, textbook*). RajaGrafindo Persada. Jakarta. 2015.



- 15. Yulianti Wibowo, Bambang Sutrisna, Hardinsyah Hardinsyah, Ratna Djuwita, Mondastri Korib M, Ahmad Syafiq, Atmarita Tilden, and Mardiati Najib. 2015. Relationship between intra-household food distribution and coexistence of dual forms of malnutrition. *Nutrition Research and Practice* 2015;9(2):174-179.
- 16. Sandra Fikawati, Ahmad Syafiq, Kusharisupeni, Anies Irawati, Khaula Karima. 2014. Comparison of lactational performance of vegetarian and non-vegetarian mothers in Indonesia. *Malaysian Journal of Nutrition* Vol. 20 (1): 15-25, 2014.
- 17. Sandra Fikawati, Ahmad Syafiq, Ratih P Purbaningrum, Khaula Karima. 2014. Energy consumption of lactating mothers: current situation and problems. *Makara J. Health. Res.* 2014, 18 (2).



- 18. Ahmad Syafiq and Sandra Fikawati. 2013. Reliability and validity test of digital infant length measurement board with sonar sensor precision. *Malaysian Journal of Nutrition* Vol. 19(3): 303-309, 2013.
- 19. Ahmad Syafiq. 2013. Angka Kematian Ibu dan Pendidikan Perempuan di Indonesia: Tinjauan Ekologis Provinsial (Maternal Death and Women Education in Indonesia: Provincial Ecological Review). Paper presented at INFID Conference "Development for All", Jakarta, 26-27 November 2013.
- 20. Ahmad Syafiq and Sandra Fikawati. 2013. Gender Differences in Transition to Employment of FPHUI Graduates. Poster presented at The 45th Asia-Pacific Academic Consortium for Public Health Conference, October 24-28, 2013, Wuhan, China.
- 21. Sandra Fikawati and Ahmad Syafiq. 2013. Relationship between Maternal Nutritional Status and Infant Birth Weight of Vegetarians in DKI Jakarta. Poster presented at The

45th Asia-Pacific Academic Consortium for Public Health Conference, October 24-28, 2013, Wuhan, China.



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