

**PEMBERDAYAAN KADER LANSIA MELALUI PROGRAM “KADER CERIA”
(KADER CERDAS EDUKASI GIZI UNTUK ATASI DIABETES MELITUS) DI
POSYANDU LANSIA WILAYAH KERJA PUSKESMAS MLATI II**

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ABSTRAK

Jumlah lansia di Indonesia mencapai 12% dari total penduduk pada tahun 2024 dan diproyeksikan mencapai 20,31% dari total penduduk pada tahun 2045. Seiring dengan meningkatnya jumlah penduduk lansia di Indonesia, hal tersebut dapat meningkatkan permasalahan masalah kesehatan yang banyak dialami pada kelompok lansia, salah satunya adalah diabetes melitus. Diabetes melitus merupakan salah satu penyakit tidak menular yang banyak dialami oleh lansia dan membutuhkan pengelolaan jangka panjang, termasuk melalui pengaturan pola makan. Kader posyandu memiliki peran penting dalam memberikan edukasi kepada lansia, namun kemampuan kader dalam penyampaian edukasi seringkali masih terbatas. Penelitian ini bertujuan untuk mengetahui pengaruh program pemberdayaan “KADER CERIA” terhadap pengetahuan dan keterampilan kader posyandu lansia dalam memberikan edukasi gizi mengenai diabetes melitus melalui media lembar balik. Penelitian ini menggunakan desain eksperimental dengan rancangan *one-group pretest-posttest design*. Populasi yang digunakan dalam penelitian ini adalah kader posyandu lansia di Padukuhan Bakalan dan Plaosan yang berjumlah 25 orang. Seluruh populasi dilibatkan dalam penelitian ini. Pengumpulan data dilakukan melalui pengukuran pengetahuan kader sebelum dan setelah pelatihan, serta pengukuran keterampilan kader setelah pelatihan. Data kuantitatif dianalisis secara univariat dan bivariat. Hasil penelitian menunjukkan bahwa terdapat perbedaan pengetahuan kader mengenai diabetes melitus antara sebelum dan sesudah diberikan pelatihan dengan *p-value* 0,000 serta sebagian besar kader dinilai terampil dalam melakukan edukasi gizi setelah diberikan pelatihan. Sehingga disimpulkan bahwa pelatihan edukasi gizi berbasis lembar balik efektif dalam meningkatkan pengetahuan, keterampilan kader, serta mendukung pemberdayaan kader sebagai agen edukasi kesehatan di masyarakat.

Kata Kunci: kader posyandu, edukasi gizi, lembar balik, lansia, diabetes melitus

**EMPOWERMENT OF POSYANDU ELDERLY CADRES THROUGH THE
“CERIA CADRE” PROGRAM (INTELLIGENT CADRES PROVIDE
NUTRITION EDUCATION TO OVERCOME DIABETES MELLITUS) AT
THE ELDERLY POSYANDU IN THE WORKING AREA OF THE MLATI II
PUBLIC HEALTH CENTER**

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ABSTRACT

The number of elderly people in Indonesia reached 12% of the total population in 2024 and is projected to reach 20.31% of the total population in 2045. Along with the increasing number of elderly people in Indonesia, this can increase health problems that are often experienced by the elderly group, one of which is diabetes mellitus. Diabetes mellitus is one of the non-communicable diseases that are often experienced by the elderly and requires long-term management, including through dietary regulation. Posyandu cadres have an important role in providing education to the elderly, but the cadres' ability in delivering education is often still limited. This study aims to determine the effect of the "KADER CERIA" empowerment program on the knowledge and skills of elderly posyandu cadres in providing nutrition education about diabetes mellitus through flipchart media. This study used an experimental design with a one-group pretest-posttest design. The population used in this study were 25 elderly posyandu cadres in Padukuhan Bakalan and Plaosan. The entire population was involved in this study. Data collection was carried out by measuring the cadres' knowledge before and after training, as well as measuring the cadres' skills after training. Quantitative data were analyzed univariately and bivariately. The results showed a difference in cadre knowledge regarding diabetes mellitus between before and after training with a p-value of 0.000. Most cadres were deemed skilled in providing nutrition education after the training. Therefore, it was concluded that the flipchart-based nutrition education training was effective in improving cadre knowledge and skills, and supporting cadre empowerment as health education agents in the community.

Kata Kunci : posyandu cadres, nutrition education, flipcharts, elderly, diabetes mellitus