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Jabatan : Dekan Fakultas Ilmu-Ilmu Kesehatan

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Yogyakarta 05 November 2023  
Dekan Fakultas ilmu-ilmu kesehatan  
Universitas Alma Ata Yogyakarta

Dr. Yhona Paratmanitya S.Gz.,MPH.,RD



Universitas  
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# BOOK OF ABSTRACT

“Strengthening Health System and Innovations  
To Improve Population Health”

The 5<sup>th</sup> Asia-Pacific Partnership on Health and Nutrition Improvement Conference

2023  
**APHNI**  
CONFERENCE

October 25<sup>th</sup>, 2023

The Rich Jogja Hotel

Daerah Istimewa Yogyakarta (DIY)-Indonesia

 <https://aphni.almaata.ac.id/>

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The 5<sup>th</sup> Asia-Pacific  
Partnership on Health  
System and Innovations to  
Improve Population Health

# APHNI Conference

October 25th, 2023

The Rich Jogja Hotel  
Daerah Istimewa Yogyakarta

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## Welcome Letter from Conference Chair

*Assalamualaikum warahmatullahi wa barakatuh.*

On behalf of the APHNI Committee, I welcome you to the 5th Asia-Pacific Partnership on Health and Nutrition Improvement (APHNI), held from 25<sup>th</sup> October 2023 in Yogyakarta, Indonesia. The APHNI is an annual conference organized by the Faculty of Health Sciences at Alma Ata University, Yogyakarta. The APHNI has been held since 2019.

This conference will provide an interactive international forum for sharing and exchanging information on the latest research on Health and nutrition and related sciences, to enhance the capacities for creating innovative systems, to contribute to the formulation of global strategies in advancing health systems as well as developing policy initiatives in the community, to stimulate future collaborations among industries, researchers, governments and other stakeholders who apply science for better live. The speakers and participants of the 5<sup>th</sup> APHNI are up to 60 coming from various countries from Indonesia, Malaysia, Thailand, and Taiwan.

I would like to take this opportunity to thank you for the endeavor of the committee from the Faculty of Health Sciences – Alma Ata University. In addition, the conference committee acknowledges the technical and financial support from Alma Ata University.

I hope you can enjoy this conference, and I encourage you to engage with those wh are presenting their works as oral presentations. Should you have extra time, I hope you can extend your stay and enjoy the exotic of Yogyakarta.

Thank you for your participation,

**Sofyan Indrayana, S.Kep., Ns., MS.**  
The Chair of 5<sup>th</sup> APHNI Conference

## Welcome Letter from Dean of the Faculty of Health Sciences, Alma Ata University

*Assalamualaikum warahmatullahi wa barakatuh.*

Ladies and gentlemen, esteemed colleagues, and distinguished guests,

It is with great pleasure and anticipation that we gather here today for the 5<sup>th</sup> Asia-Pacific Partnership on Health and Nutrition Improvement (APHNI) under the insightful theme of “Strengthening Health System and Innovations to Improve Population Health”. This year, the 5<sup>th</sup> APHNI is hosted by the Faculty of Health Sciences, and this conference serves as a beacon of intellectual exchange and innovation in the field of chemistry.

In today’s dynamic landscape, characterized by Volatility, Uncertainty, Complexity, and Ambiguity (VUCA), the role of chemistry in shaping a sustainable future is more vital than ever. Our collective pursuit of knowledge and advancements in the field of health sciences holds the potential to redefine industries, reshape ecosystems, and promote responsible stewardship of our planet’s resources.

This conference stands as a testament to the commitment of all participating institutions to address pressing global challenges through the lens of chemistry. The presentations and discussions that unfold throughout the day will undoubtedly inspire new ideas, collaborations, and solutions that contribute to a more sustainable world.

As we embark on this intellectual journey, let us remain open to diverse perspectives, engage in rigorous debate, and forge connections that transcend borders and disciplines. May the insight gained during the conference deepen our understanding of health science’s role in sustainable development and empower us to catalyze positive change within our societies.

I extend my heartfelt gratitude to the organizers, speakers, and attendees who have come together to make this event a reality. Let us embrace the spirit of collaboration and exploration as we navigate the fascinating intersections of health sciences.

Thank you, and let the 5<sup>th</sup> APHNI commence.

Dr. Yhona Paratmanitya, S.Gz., MPH., RD.  
Dean of Faculty of Health Sciences, Alma Ata University

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## Conference Program

Time)	Details
07.00 - 08.00	Registration for conference
08.00 - 08.20	Conference Grand Opening
08.20 - 08.35	Opening Speech (Prof. Dr. H. Hamam Hadi, MS., Sc.D., Sp. GK.)
08.35-08.40	Do'a
08.40 - 08.45	Bumpering Break
	<b>Session 1: Maternal and Child Health and Nutrition</b>
	<b>MODERATOR 1 (Hastrin Hositanisita, S.Gz., M.Sc)</b>
08.45-08.50	Moderator 1 introduction
	<b>Prof. Joel Gittlesohn</b> (Bloomberg School of Public Health, John Hopkins University, USA) "School-based and environmental intervention to reduce obesity"
09.10-09.30	Bumpering Break
	<b>Prof. Dr. H Hamam Hadi, MS, Sc.D, Sp.GK.</b> (Director of Center for Global Health, Alma Ata University, Indonesia) "Stunting prevention"
09.30-09.50	Bumpering Break
	<b>Yinuo Wang, MS., PhD</b> (Department of Food Science and Nutrition, Hong Kong Polytechnic University) "Cold adaptation to extend life and improve health"
09.50-10.10	Bumpering Break
	<b>Assoc. Prof. Dr. Sopen Chunuan</b> (Faculty of Nursing, Prince of Songkla University) "Midwifery support for coping strategies of adolescents during childbirth and motherhood"
10.10-10.25	Question and Answer 1
10.25-10.40	Coffee break
	<b>Session 2: Geriatric Health and Nutrition</b>
	<b>MODERATOR 2</b> (Edi Sampurno Ridwan, BN.,MNurs, PhD.)
10.40-10.45	Moderator 2 introduction
	<b>Dr. dr. Probosuseno, Sp.PD-KGER., SE., MM</b> (RSUP Dr Sardjito) "The current innovations and needs in Elderly care"
11.05-11.25	Bumpering Break
	<b>Prof Pei-Shan Tsai</b>

Time)	Details
	(Taipei Medical University) "Secondary analysis of national survey data to identify determinants of health conditions in older adults: depression and sarcopenia"
11.25-11.45	Bumpering Break
	<b>Prof Chan Yoke Mun</b> (Universiti Putra Malaysia) "Management of Sarcopenia: Perspective of a Dietitian"
11.45-12.00	Question and answer 1
12.00-13.00	Break
13.00-16.00	<b>Parallel Oral Presentation</b>
	<b>Session 3: Health Innovation</b>
	Moderator 3 (M. Ischaq Nabil As Shiddiqi, S.Kep.,Ns.,M.N.S.)
13.00-13.05	Moderator 3 introduction
	<b>Dr. Arif Sabta Aji, S.Gz.</b> (Alma Ata Graduate School of Public Health, Universitas Alma Ata) "Analog Rice Innovation to Support Food Diversification Program"
13.25-13.45	Bumpering Break
	<b>Prof. Asnawi Abdullah, BSc.PH, MHSM, MSc.HPPF, DLSHTM, PhD (Chairman of AIPTKMI)</b> "Health policy on health innovations"
13.45-14.05	Bumpering Break
	<b>Prof. Dr. Jamia Azdina Jamal</b> (Faculty of Pharmacy, Universiti Kebangsaan Malaysia) "Drug innovations"
14.05-14.20	Question and Answer 3
14.20-14.35	<b>Coffee break</b>
16.00-17.00	"Best Presentation" Announcement
	Closing Remark

## Parallel Presentation Schedule

Room 3 (Online)

Scope: Public Health and Clinical Practice

Moderator: Feti Rahmawati, S. Farm., MS

No	Title	Name	Institution	Presentation Time
1	Health-related quality of life of pregnant and lactating women and its socio-demographic and perceived psychological distress determinants	Erni Samutri, Akbar Satria Fitriawan, Anaftrin Yugistiyowati, Wiwit Ananda Wahyu Setyaningsih, Bayu Fandhi Achmad, Dedi Kurniawan, Fatimah Fatimah, Ayu Asfrestyanti	Universitas Alma Ata	13.00-13.15 WIB
2	The Effectiveness of the Training for Trainers (TfT) Method for Facilitators in Preparing to Form First Aid Cadres	Indah Rizky, Meyka Budi Rachmawati, Fajrul Falah Farhany, Fathirani Mutiara, Naili Zahrotun Arifah, Hanggoro Tri Rinonce, Happy Indah Kusumawati, Rahadyana Muslichah	Universitas Gadjah Mada Yogyakarta	13.15-13.30 WIB
3	Health Promotion of Childbearing Age Women in Improving Reproductive Planning: a Global Scoping Review	Wahyuningsih, Sulistiyowati, Setyowati, Mulyani,	Universitas Sebelas Maret	13.30-13.45 WIB

No	Title	Name	Institution	Presentation Time
4	Comparisons between the Role of Working Mothers and Housewives in the Development of Children Aged 3-5th Years in the Gamping 1st Public Health Center Working Area	Lia Dian Ayuningrum, Muafiqoh Dwi Arini, Ngidoti Musonah	Universitas Alma Ata	13.45-14.00 WIB
5	Diabetes Family Behavior Could Predict Dietary Adherence Among Older Adults with Type 2 Diabetes Mellitus: A cross-sectional predictive study	M. Ischaq Nabil As Shiddiqi, Yhona Paratmanitya, Veriani Aprilia, Ratih Devi Alfiana, Anafrin Yugistyowati, Ani Murti Sari, Laila Nurkhasanah	Universitas Alma Ata	14.00-14.15 WIB
6	The Relationship Between the Length of Labor and The Incidence of Postpartum Hemorrhage Among Laboring Women in the Special Region of Yogyakarta Province	Siti Nurul Komalasari, Dyah Pradnya Paramita, Isti Chana Zuliyati	Universitas Alma Ata	14.15-14.30 WIB
7	Nutritional Status and Lipid Profile of Office Workers: A Formative Study in Jakarta	Rosyanne Kushargina, Rimbawan Rimbawan, Mira Dewi, Evy Damayanthi, Andi Eka Yunianto	IPB University, Universitas Lampung	14.30-14.45 WIB

No	Title	Name	Institution	Presentation Time
8	The Effectiveness of Vaginal Hygiene Health Education on The Knowledge and Attitudes of Adolescents in Bantul Health Vocational Schools	Baiq Rina Wulandari, Fatimah Restu Pangestuti, Dyah Pradnya Paramita, Fani Kartika	Universitas Alma Ata	14.45-15.00 WIB
9	The Factors Related to the Utilization of Youth Care Health Service (YCHS) by Adolescents Aged 15-19 Years of Topoyo Public Health Care (PHC) Central Mamuju Regency, West Sulawesi Province	Juwita Anggraeni, Nurwahyidillah, Annisa Nurrachmawati, Nur Rohmah, Ratih W. Wisnuwardhani	Mulawarman University	15.00-15.15 WIB
10	Android-Based Health Promotion Influences Motivation Pregnant Women Take Iron Tablets in Bantul	Susiana Sariyati, A.A. Subiyanto, Sapja Anantanyu, Supriyadi Hari Respati	Universitas Alma Ata	15.15-15.30 WIB
11	The Effect of Marriage Age Maturity Education E-Module on Self Efficacy Youth Cadres in Conducting Education in PIK-R, Bantul District	Ufairoh Salma Pratiwi, Wahyuningsih, Anafrin Yugistyowati	Universitas Alma Ata	15.30-15.45 WIB
12	Correlation Between Physical Activity and Gestational Diabetes Mellitus In Primary Health Services (Puskesmas) Bantul District Yogyakarta	Effatul Afifah, Selvi Novita Sari, Prasetya Lestari	Universitas Alma Ata	15.45-16.00 WIB

## Health Promotion of Childbearing Age Women in Improving Reproductive Planning: A Global Scoping Review

Wahyuningsih<sup>1</sup>, Sulistyowati, S<sup>2\*</sup>, Setyowati, R<sup>3</sup>, Mulyani, S<sup>1</sup>

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### ABSTRACT

**Background:** Reproductive planning is important for women of childbearing age to create a quality family. Inability to plan reproduction results in mental problems in women of childbearing age and stunting in children. Appropriate health promotion will be able to improve their ability to plan their reproduction.

**Objectives:** find appropriate health promotion efforts for women of childbearing age to improve reproductive planning

**Methods:** We searched PubMed, EBSCO, Sage, ScienceDirect, and Google Scholar. The articles reviewed at least use health promotion methods (electronic and non-electronic) in providing education to women of childbearing age aged 19-44 years, and were published in 2019-2023. A total of 23 articles were reviewed. The article review process uses Prisma ScR.

**Results:** 45% of articles stated that changing behavior through education can be done electronically, while 55% used conventional methods involving volunteers and the community. The group aged < 30 years chose to use electronic media, while those aged > 30 chose to use face-to-face and discussion.

**Conclusions:** Providing education to women of childbearing age is more effective with conventional face-to-face methods with them. The community and volunteers can help in implementing this activity. Providing education electronically is also not bad. This can be used as a modification in education.

**Keywords:** Women of childbearing age, reproductive planning, health promotion