

# THE EFFECTIVENESS OF GRANOLA MORINGA LOCAL FOOD IN WEIGHT GAIN AMONG MALNOURISHED CHILDREN IN WEST DOMPU, WEST NUSA TENGGARA

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## ABSTRACT

**Background:** Woja is the area with the highest stunting incidence in West Nusa Tenggara in 2020 at 54.98%. Based on e-PPGBM data (2020), there are 3 villages in Woja with the highest stunting rate, namely Matua (82.04%), Monta Baru (61.9%), and Raba-baka Village (60.71%). This study aimed to determine the effectiveness of *Granola moringa* in weight gain among malnourished children.

**Subjects and Method:** This was a before and after one group with no control quasi-experiment conducted at Community Health Center West Dompou area, West Nusa Tenggara, from July to September 2022. A total of 240 malnourished children under five were selected for this study. The dependent variable was weight gain. The independent variable was granola moringa local food. The data were collected by using scale and questionnaire. The data were analyzed by t-test.

**Results:** Weight after granola moringa (Mean= 11.26; SD= 1.36) was higher than before (Mean= 10.19; SD= 1.08), and it was statistically significant ( $p < 0.001$ ).

**Conclusion:** Granola moringa is effective to increase weight in malnourished children.

**Keywords:** local food, *Granola moringa*, malnourished, children under five.

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