

Community service; healthy village for the prevention of non-communicable diseases in Galung Maluang village, Bacukiki district, Parepare city, south Sulawesi in 2024

Abstract

Community service activities are part of the Tridharma of higher education which is carried out in the community as part of the application of further research activities. The increase in non-communicable diseases in all areas in Indonesia is due to lifestyle changes that are instantaneous. The method carried out in this activity is by lectures, simulations, and discussions related to non-communicable diseases. In the implementation of the activity, there are so many questions. After conducting counseling activities and discussions, the level of their understanding related to knowledge and prevention of non-communicable diseases is around above 90% very understanding. The next follow-up plan is blood tests related to diseases or health problems experienced by teachers and students.

Keywords: community service, non-communicable diseases, healthy villages, prevention

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Opinion

Situation analysis

Non-communicable diseases (NCDs) are the leading cause of death globally. WHO data shows that of the 57 million deaths that occurred in the world in 2008, as many as 36 million or almost two-thirds were caused by non-communicable diseases. NCDs also kill residents with younger ages. In countries with low and middle economic levels, of all deaths that occur in people under 60 years of age, 29% are caused by NCDs, while in developed countries, it causes 13% of deaths. The proportion of NCD deaths in people less than 70 years old, cardiovascular disease is the largest cause (39%), followed by cancer (27%), while chronic respiratory diseases, digestive diseases and other NCDs together cause about 30% of deaths, and 4% of deaths are caused by diabetes.¹

According to the World Health Organization, deaths from Non-Communicable Diseases (NCDs) are expected to continue to rise worldwide, with the largest increase occurring in middle and poor countries. More than two-thirds (70%) of the global population will die from non-communicable diseases such as cancer, heart disease, stroke and diabetes.^{2,3} In total, by 2030 it is predicted that there will be 52 million deaths per year due to non-communicable diseases, an increase of 9 million people from 38 million people at present. On the other hand, deaths from infectious diseases such as malaria, tuberculosis or other infectious diseases will decrease, from 18 million people today to 16.5 million people by 2030.⁴ In middle and poor countries, NCDs will be responsible for three times the years lost and disability (Disability adjusted life years = DALYs) and almost five times the deaths from infectious diseases maternal, perinatal and nutritional issues. Meanwhile, the world of Indonesian health is still overshadowed by various major problems in the era of the Industrial Revolution 4.0. This is reflected in the 2018 health research data

showing poor indicators of various degenerative diseases, such as obesity, hypertension, chronic kidney disease, and diabetes. «No less than 21.8 percent of the Indonesian population is obese, the prevalence of diabetes reaches two percent, and the number of people with chronic kidney disease reaches 3.8 per mile in the population over the age of 15.» said Professor of the Faculty of Medicine, University of Indonesia, Prof. Budi Wiweko.

However, Prof. Iko praised the increase in life expectancy and the success of the family planning program that brought Indonesia to a demographic bonus in 2030. However, Iko, who actively serves as deputy director of the Indonesian Medical Education and Research Institute (IMERI-FKUI), revealed that around 15 percent of Indonesia's population or around 45 million people in 2030 are elderly groups. "Of course, this condition requires good anticipation in its management," said one of the youngest Permanent Professors in the field of medicine who was inaugurated at the age of 46 years and 10 months.⁴

Statement of the problem

Based on the data above, we intend to carry out community service activities in the assisted area of the Parepare Nursing Study Program, Makassar Ministry of Health Polytechnic with the theme of healthy villages to prevent non-communicable diseases.

Method

Community service is carried out by the method of delivering information to the community in the assisted area and Health Education through real health checks of the surrounding community. Initial data collection will be carried out at the local health center on the number of people suffering from non-communicable diseases in the area. Community service will be carried out in Galung Maluang village, Bacukiki district, Parepare City, South Sulawesi. The implementation is planned in May 2024 involving lecturers and education service

personnel, local community leaders, assisted communities, elements of villages and sub-districts, health centers, and the local Health Office. The problem-solving method planned to be used for this activity is to dig up information on the state of the local community and then apply community service activities according to the needs of the community at the community service location.

Outputs and achievement targets

Community service activities start from:

- a. The preparation stage is exploration, preparation of tools and materials and instruments, and other preparations in the form of meetings with the service team about exploration, preparation of tools and instrument materials, and equipment used in community service activities. In the exploration stage, it was formulated jointly between the service party and the participants regarding the time, place, and others in community service activities. Based on the agreement with the community, it was agreed that it would be held on Wednesday and Thursday, October 9 and 10, 2024 at 09.00-12.00 WITA.



Figure 1 Community service activities.

The achievement targets that have been obtained so far are:

1. Report on the implementation of community service activities
2. Video of the implementation of community service activities, and
3. Manuscript for publication in international journals.

- b. The implementation stage is by implementing activities with the implementation carried out at the Al-Hidayah Islamic Boarding School Mosque in Parepare City which was attended by all teachers, pesantren administrators, community service members and students from the Parepare nursing study program. Community service activities are carried out by delivering material using laptop and in focus media. His community service activities are carried out with a two-way discussion model with the topic of preventing non-communicable diseases such as heart disease, cancer, and all other diseases that are considered very high in frequency today.
- c. Activity evaluation stage. Community service activities begin with the provision of material and after completion of the evaluation is carried out by distributing the evaluation format to the presenters and the participants' understanding of the material provided. The level of satisfaction from participants with the material and the presenter was 98.2% and the level of understanding about non-communicable diseases was 95.4% (Figure 1a, 1b, 1c).

Obstacles and follow-up plans

This community service activity did not encounter any significant obstacles. Partners strongly support this community service activity. The school gives time to the team to carry out community service activities. The participants were also very enthusiastic in asking questions and participating in this community service activity.⁵ The follow-up plan for this activity is a health examination activity through health screening for all teachers and staff at the pesantren. Next is by examining Islamic boarding school children related to diseases that they often experience.

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None.

Conflicts of interest

The authors declared that there are no conflicts of interest.

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