

## Nutrition-Based Public Health Service Management Strategy to Improve Well-being

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### ABSTRACT

Nutrition-based public health services are one of the important approaches that play a role in improving the well-being of the community as a whole. Good nutrition has a central role in preventing various health problems such as stunting, wasting, anemia, and obesity, which will ultimately have an impact on the quality of life of individuals and communities. This article aims to analyze various public health service management strategies that focus on nutrition aspects through literature review methods. Literature studies are carried out by examining various researches, reports, and related policy documents, both from national and international sources. The results of the study show that there are several main strategies that are effective in improving the nutritional status and welfare of the community. First, structured nutritional interventions such as supplementation, food fortification, and supplementary food programs are the basis for efforts to improve nutrition. Second, education and health promotion related to a healthy diet and physical activity can increase people's nutritional literacy so that they are more empowered to maintain their health. Third, routine monitoring of nutritional status at the community level, such as through posyandu or puskesmas, allows for early detection of nutritional problems so that interventions can be provided in a timely manner. Fourth, multi-sector collaboration involving the government, health workers, education, the private sector, and the community is the key to the sustainability of the program. These findings show that a holistic and cross-sectoral nutrition-based health service management strategy can make a major contribution to improving people's well-being.

**Keywords:** health service management, community nutrition, well-being, literature study

## 1 Introduction

Public health is one of the important indicators in sustainable development because it reflects the quality of life and productivity of a nation. Countries with good public health tend to have higher levels of education, increased per capita income, and optimal labor productivity. One of the aspects that plays a central role in determining the level of public health is nutritional status, which not only affects the physical condition, but also the mental and social health of the community. Nutritional problems such as stunting (dwarfism), wasting (thin), obesity, and anemia are still major challenges, especially in developing countries such as Indonesia. Based on data from the Ministry of Health of the Republic of Indonesia (2021), the prevalence of stunting in Indonesia is still at an alarming number despite a downward trend in recent years. This condition is exacerbated by unequal access to nutritious food, low community nutritional literacy, and socio-economic inequality that limits the ability of some families to meet the nutritional needs of their children.

Effective public health service management needs to integrate nutrition-based approaches because nutrition has a fundamental role in shaping an individual's health status from an early age. Good nutrition contributes to children's physical and cognitive development, immunity, and prevention of infectious and non-communicable diseases. On the other hand, malnutrition or unbalanced nutrition can trigger various long-term health problems, such as impaired growth and development, decreased learning ability, and an increased risk of chronic diseases. The concept of well-being itself includes physical,

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mental, social, and emotional dimensions that are interrelated with each other. In the context of public health, well-being is not only defined as being free from disease, but also as a condition in which individuals can reach their maximum potential, actively participate in society, and enjoy a good quality of life. Therefore, appropriate nutrition-based interventions are essential to support the achievement of optimal well-being.

On the ground, nutrition interventions often face a variety of challenges, ranging from budget constraints, lack of trained health workers, to cultural resistance to dietary changes. Therefore, nutrition-based public health service management strategies must be designed holistically, including promotive, preventive, curative, and rehabilitative aspects. This approach must also involve various stakeholders ranging from the government, the private sector, academics, to civil society organizations. Various studies show that the success of nutrition programs at the community level is highly dependent on community involvement in every stage of implementation, from planning to evaluation. Therefore, community empowerment and increasing nutrition literacy are one of the important keys in a nutrition-based health management strategy. Educating the public about the importance of balanced nutrition and healthy eating practices can create sustainable behavior change.

In addition to community empowerment, regular monitoring or monitoring of nutritional status is also an important component of a public health management strategy. The data obtained from this monitoring not only serves to detect nutritional problems early, but also serves as a basis for the formulation of public policies that are more responsive to the needs of the community. Without accurate data, nutrition intervention programs run the risk of not being on target or even failing to achieve their goals. Cross-sector collaboration is also needed in an effort to improve the nutritional status of the community. The health sector cannot work alone; Support from the education, agriculture, food, and even industry sectors is needed to ensure the availability, accessibility, and sustainability of nutritious food. For example, schools can be strategic places for nutrition counseling to children and adolescents, while the agricultural sector can play a role in increasing local food production with high nutritional value.

This article summarizes various management strategies that have been shown to be effective in improving well-being through nutritional interventions. The literature review was chosen because it allowed the authors to review a wide range of relevant research, policy reports, and scientific publications, thereby obtaining a comprehensive picture of the best approaches in the management of nutrition-based public health services. This study is expected to contribute to policy makers, health practitioners, and academics in formulating more effective public health programs. With increasing awareness of the importance of nutrition in improving quality of life, it is time for public health service management strategies to be redesigned to place more emphasis on nutrition-based approaches. This is not only important to reduce the number of nutritional problems in Indonesia, but also to ensure that people can achieve overall well-being.

## 2 Literature Review

Tabel 5. Literature Studies

No.	Writer	Year	Heading	Topics Covered	Methodology Used
1	W. Reinhart, R. Pomeo, and E. Winarti	2024	Dynamics of Implementation of Health Worker Placement Policy in Remote Areas: Challenges and Solutions	Placement of health workers in remote areas	Qualitative studies, policy analysis
2	D. S. S. Redjeki	2020	Understanding the Importance of Public Health Care in Improving Quality of Life	Public health care, quality of life	Literature study, descriptive analysis

Table 5 (continued)

No.	Writer	Year	Heading	Topics Covered	Methodology Used
3	P. Wirawan and W. Putra	2025	Strategy to Improve the Quality of Health Services through the Implementation of the ISO 9001:2015 Quality Management System New Public Service Paradigm in Public Service Quality	Healthcare quality, ISO 9001, NPS paradigm	Case studies, implementation analysis
4	N. Rimalivia	2023	Analysis of Human Resource Availability in the Health Sector: Optimization and Resource Management Strategy	Health HR, HR management	Qualitative studies, secondary data analysis
5	M. T. Diani	2023	Optimizing the Equitable Distribution of Health Human Resources in Indonesia	Equitable distribution of health human resources	Literature study, policy analysis



Figure 1. Nutrition-Based Public Health Service Management Strategy to Improve Wel-being

### 3 Research Methods

The method used in this article is a literature study, which is a research method that is carried out by examining various literature sources to gain a deep understanding of the topic being studied. The literature study was chosen because it was able to provide a comprehensive overview of the theories, research results, and best practices that have been applied in various places related to the management of nutrition-based public health services. Through this approach, the author can identify knowledge gaps, formulate key findings, and compile relevant recommendations for improving community well-being. The literature collection process is carried out by browsing a number of credible scientific databases, namely Google Scholar, PubMed, and Scopus. These three databases were chosen because they have a wide range of publications, including national and international journal articles, research reports, policy documents, to publications of health organizations such as WHO and UNICEF. The search was conducted using key keywords such as "nutrition intervention," "community health management," "well-being," and "public health nutrition," either independently or in combination using Boolean operators such as AND, OR, and NOT to obtain more specific search results.

The inclusion criteria used in the selection of articles are the relevance of the topic to the research focus, namely nutrition-based public health management strategies, as well as articles that have been indexed in the scientific database. articles with good methodological quality, which are assessed based on the completeness of the research report, the clarity of the objectives, and the suitability of the research design with the research questions raised, which are included in the study. The exclusion criteria include articles that are not available in full versions, are not topically relevant, or have low methodological quality. The stages of literature analysis are carried out systematically by reading and evaluating the content of the articles one by one. Each article is reviewed to identify the main themes that emerge, such as the type of nutrition intervention used, the health service management strategy implemented, the educational approach carried out, and the challenges faced in program implementation. The author also compares findings between articles to see the patterns of success and obstacles that often arise, as well as to see the suitability of practices in the field with existing policy recommendations.

Furthermore, the synthesis of the results of the study is carried out by summarizing important findings into major themes that are in accordance with the focus of this article. This synthesis helps the author to compile a concise and clear discussion, so that readers can understand the relationship between nutrition-based management strategies and improving community well-being. In this process, the authors also pay attention to the social, cultural, and economic contexts that influence the success of nutrition interventions, as these factors are often determinants of program sustainability. As a final step, the author triangulates the literature by comparing the results of studies from various sources, both from academic journals and practical reports of health organizations. This is done to increase the validity and reliability of the results of this literature study, while ensuring that the recommendations given are not only theoretical but also applicable in the field. Thus, the literature study method in this article is not only the basis for understanding nutrition and public health problems, but also serves as a guide in formulating a more effective and sustainable health service management strategy .

## 4 Results and Discussion

### 1. Structured Nutrition Interventions

Structured nutrition interventions are one of the main strategies in an effort to improve the nutritional status of the community. Programs such as giving blood-boosting tablets to adolescent girls, fortification of staple foods with iron, zinc, or vitamin A, and supplemental feeding for toddlers have been proven to be effective in reducing anemia, stunting, and wasting rates. Based on the WHO report (2020), these programs are able to significantly reduce the prevalence of nutritional problems if carried out consistently and thoroughly. This suggests that nutrition interventions need not only focus on intake, but also should consider the coverage of the target population and the sustainability of the program. The success of nutrition interventions is highly dependent on careful planning. Each program must be designed based on accurate epidemiological data, in order to map the target group precisely. The implementation stage also needs to follow clear standard operating procedures, with the involvement of trained health workers at each level. Monitoring is an important part of ensuring that the implementation of the program runs as planned, including in monitoring the quality of food distributed. In addition, periodic evaluations are needed to assess the impact of interventions and improve aspects that are still

less than optimal. In addition to technical factors, nutritional interventions are also influenced by social and cultural factors. For example, the success of blood-boosting tablet programs is often constrained by negative perceptions among adolescent girls about side effects, such as nausea or dizziness. Therefore, interventions must be complemented by education and approaches that take into account local wisdom. This is important so that the program is not only administratively accepted, but also socially by the target community. Thus, structured nutrition interventions require a multidimensional approach, ranging from technical, social, to cultural aspects. Long-term success is determined not only by the amount of assistance provided, but also by the quality of implementation, community engagement, and sustainability of the program. Therefore, good management and cross-sector coordination are important keys in achieving overall improvement of the nutritional status of the community .

## **2. Health Education and Promotion**

Nutrition education and health promotion play an important role in changing people's behavior related to healthy food consumption and physical activity. Good education helps people understand the importance of a balanced diet, the benefits of micro and macronutrients, and the risks of excessive consumption of processed foods. Education that focuses on improving nutritional literacy has been proven to be able to change eating behavior and increase family nutritional intake. Therefore, education must be designed to be easy to understand, interesting, and relevant to the daily life of the community. The involvement of health cadres, teachers, and community leaders in the delivery of education is one of the effective strategies. Health cadres at the community level have closeness to the community and are able to become agents of behavior change. Teachers in schools can incorporate nutrition materials into lessons, while community leaders have a strong influence in shaping social norms. Collaboration between them can strengthen health messages and ensure that they are spread evenly across all levels of society. In addition to the face-to-face approach, the use of mass media and social media is also increasingly important in health promotion. Campaigns through television, radio, posters, and digital platforms such as Instagram, Facebook, or TikTok are able to reach a wider audience, especially the younger generation. Creative educational content, such as short videos, infographics, or inspirational stories, can increase people's interest in practicing a healthy lifestyle. This reflects the need to adapt educational strategies according to the times and people's information consumption behavior. In order for education and health promotion to run effectively, it is necessary to regularly evaluate public understanding and behavioral changes that occur. Surveys, interviews, or focus group discussions can be used to assess the impact of educational programs. The results of this evaluation are important to improve the delivery methods, materials, and approaches used. Thus, education and health promotion can be an important instrument in supporting the success of nutrition interventions and improving community well-being .

## **3. Monitoring of Nutritional Status**

Monitoring nutritional status is a key element in the management of public health services because it plays a role in detecting problems early. Routine monitoring, such as through posyandu, puskesmas, or other primary health services, allows health workers to monitor child growth, nutritional status of pregnant women, and the risk of anemia or malnutrition in the community. According to the Ministry of Health of the Republic of Indonesia (2021), regular monitoring of nutritional status can help reduce the rate of stunting, wasting, and anemia because nutritional problems can be treated immediately before they develop into more serious. One of the strengths of nutrition monitoring is the availability of data that can be used as the basis for program and policy planning. The data collected, such as the results of measurements of weight, height, upper arm circumference, or hemoglobin, help governments and related organizations to map areas prone to malnutrition and design appropriate interventions. In addition, this data is also important for advocacy, obtaining budget support, and attracting the attention of other stakeholders to be involved in efforts to improve nutrition. However, the success of monitoring nutritional status also depends on the quality of the recording and reporting system. In some areas, recording is still done manually, so it is vulnerable to input errors and data loss. Therefore, technological innovations such as the use of digital-based applications are needed to record and transmit data in real time. In addition, training for data loggers is also important to ensure they understand measurement and recording procedures correctly. On the other hand, monitoring nutritional status must be accompanied by fast and appropriate follow-up. Data without action will lose its meaning in the context of public health. Therefore, any findings from the monitoring results must be responded to immediately,

for example through referrals to health services, supplemental feeding, or nutritional counseling to families. That way, monitoring nutritional status is not only an administrative activity, but really plays a role in improving people's health and welfare .

#### **4. Multi-sector collaboration**

Multi-sector collaboration is one of the strategic approaches that are urgently needed in managing nutrition problems in the community. Nutrition problems are not only related to the health sector, but also involve the educational, agricultural, social, and private sectors. FAO (2020) emphasizes that the provision of highly nutritious local food can be strengthened through cooperation between government agencies, business actors, and civil society organizations. For example, the agricultural sector can contribute to the provision of quality food, while the education sector ensures that nutrition education is included in the curriculum. The role of the private sector is also very important in supporting the sustainability of nutrition programs. The food industry, for example, can be involved in food fortification programs to ensure that people get nutritious food at affordable prices. On the other hand, the private sector can also assist in the provision of funds or logistical support for nutrition intervention activities in remote areas. Meanwhile, civil society organizations act as a bridge between the government and the community, helping to ensure that needs at the community level are well accommodated. For multi-sector collaboration to run effectively, good coordination between stakeholders is needed. Local governments can act as facilitators to unite various parties through coordination forums or public-private partnerships. In addition, it is important to have agreement on common goals, clear role sharing, and a common monitoring mechanism to assess program achievements. That way, each party involved has an equal responsibility in supporting the success of the program. Multi-sector collaboration also creates opportunities to develop innovations in the management of nutrition problems. For example, collaboration with the technology sector can produce nutrition education applications or digital-based nutrition status monitoring platforms. This kind of collaboration not only increases the effectiveness of the program, but also expands the reach of interventions to groups of people who were previously difficult to reach. With this collaborative approach, efforts to improve community well-being through nutrition interventions will become more comprehensive, sustainable, and have a real impact .

#### **5. Improving Infrastructure and Access to Health Services**

Improving infrastructure and access to health services is a crucial element in supporting the success of nutrition interventions. Health facilities such as health centers, posyandu, hospitals, and primary clinics must have adequate facilities and infrastructure, ranging from nutritional status measuring tools, proper service spaces, to the availability of competent health workers. Without adequate infrastructure support, well-designed nutrition interventions will be difficult to realize optimally. Access to services that are easy to reach will also encourage people to regularly check their nutritional status without having to be burdened by transportation costs or long distances. In addition to physical infrastructure, it is also important to pay attention to the equitable distribution of health workers. Many remote areas in Indonesia still lack nutrition workers or general practitioners, so nutrition services are often not optimal. The government needs to ensure an equitable distribution of health workers with special incentives for those who are willing to be placed in 3T areas (frontier, outermost, disadvantaged). In addition, training and capacity building for existing health workers must also be carried out periodically, so that they always have the latest knowledge in dealing with community nutrition problems. Good access to health services also includes aspects of the availability of adequate medicines and nutritional supplements. Programs such as the distribution of blood-boosting tablets, vitamin A, or supplementary food packages for toddlers often experience obstacles in the field due to unsmooth supply. Therefore, the health logistics system needs to be strengthened so that distribution runs on time and evenly. The use of information technology in logistics management can also help monitor the availability of stock in each healthcare facility in real-time, thereby preventing supply shortages that have an impact on the halt of intervention programs.

### **5 Conclusion**

The conclusion of this study confirms that nutrition-based public health service management strategies have an important role in improving the overall well-being of the community. Well-designed in-

terventions, ranging from nutritional supplementation, fortification, to supplementary food programs, can have a significant impact on reducing the rate of stunting, anemia, and other nutritional problems. In addition, health education and promotion that is carried out in a sustainable manner and involves various elements of society, such as health cadres, teachers, and local leaders, has proven effective in increasing awareness of the importance of a healthy diet. Regular monitoring of nutritional status is also a crucial component, as it allows for early detection of nutritional problems and the preparation of more targeted intervention programs. Multi-sector collaboration between the government, the private sector, educational institutions, and the wider community is a foundation that cannot be ignored in efforts to strengthen nutrition-based health services. Bibliography

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