



Community Education on Non-Communicable Disease Prevention Through Healthy Lifestyle Promotion in Ciputat District, South Tangerang

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Article Info	ABSTRACT
Corresponding Author: Fitriyati Irviana Email : fitriyatiirviana@wdh.ac.id	Non-communicable diseases (NCDs) remain a major public health challenge in Indonesia due to unhealthy lifestyle behaviors, including poor dietary habits, physical inactivity, smoking, and inadequate health awareness. Community-based health education is considered an effective preventive strategy to improve public knowledge and encourage healthy behavioral changes. This community service program aimed to increase community awareness and understanding of NCD prevention through healthy lifestyle education in Ciputat District, South Tangerang. The program employed a participatory educational approach involving lectures, interactive discussions, question-and-answer sessions, and the distribution of educational leaflets. The implementation consisted of preparation, educational intervention, evaluation, and reporting stages. Program evaluation was conducted through participant observations and knowledge assessment before and after the educational sessions. The implementation demonstrated active community participation throughout the activities, with participants showing increased understanding of NCD risk factors and preventive measures, including balanced nutrition, regular physical activity, smoking cessation, stress management, adequate rest, and routine health screening. The educational intervention also encouraged participants to adopt healthier lifestyle practices in their daily lives. These findings indicate that community-based health education is an effective approach to improving health literacy and promoting preventive behaviors against non-communicable diseases. Continuous collaboration among higher education institutions, local government, and community organizations is recommended to sustain health promotion programs and strengthen community participation in preventing non-communicable diseases. Keywords: Community Education; Healthy Lifestyle; Health Promotion; Non-Communicable Diseases; Preventive Health.

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INTRODUCTION

Non-communicable diseases (NCDs), including hypertension, diabetes mellitus, cardiovascular diseases, stroke, and cancer, remain the leading causes of morbidity and mortality worldwide. In Indonesia, the increasing prevalence of NCDs has become a major public health concern due to rapid urbanization, population growth, and lifestyle changes.

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Behavioral risk factors such as unhealthy dietary habits, physical inactivity, smoking, excessive stress, and low participation in routine health screening have contributed significantly to the rising incidence of these diseases. Consequently, preventive interventions emphasizing healthy lifestyle promotion are increasingly recognized as essential strategies for reducing the burden of NCDs.

Ciputat District, South Tangerang, is one of the densely populated urban areas characterized by diverse socioeconomic backgrounds and dynamic daily activities. These conditions expose the community to unhealthy lifestyle patterns that increase the risk of developing NCDs. Despite government efforts to promote preventive healthcare, many community members still have limited knowledge regarding NCD risk factors and preventive behaviors. Low awareness of balanced nutrition, regular physical activity, stress management, smoking cessation, and periodic medical check-ups remains a challenge in improving community health outcomes.

Health education has been widely recognized as an effective community-based approach to improving health literacy and encouraging behavioral change. Educational interventions delivered through interactive counseling, discussions, and printed educational media can significantly enhance participants' understanding of disease prevention and motivate them to adopt healthier lifestyles. Community engagement activities also strengthen collaboration between higher education institutions and local communities in implementing promotive and preventive health programs.

Based on these conditions, a community service program entitled "Community Education on Non-Communicable Disease Prevention Through Healthy Lifestyle Promotion in Ciputat District, South Tangerang" was implemented. The program aimed to increase community knowledge and awareness regarding NCD prevention through healthy lifestyle education. The activities consisted of interactive health counseling, discussions, question-and-answer sessions, and the distribution of educational leaflets covering balanced nutrition, regular physical activity, smoking cessation, stress management, adequate rest, and routine health screening. It is expected that this educational intervention will improve health literacy, encourage sustainable healthy behaviors, and contribute to the prevention and control of non-communicable diseases within the community.

METHODS

This community service program was conducted in Ciputat District, South Tangerang, Indonesia, targeting community members as the primary participants. The program adopted a participatory educational approach to improve community knowledge and awareness regarding the prevention of non-communicable diseases (NCDs) through the adoption of healthy lifestyle behaviors. The activity was implemented through collaboration between the community service team and local stakeholders, including community leaders and local government representatives, to ensure effective participant recruitment and program implementation.

The implementation consisted of four sequential stages: preparation, implementation, evaluation, and reporting. During the preparation stage, the team coordinated with community partners, identified participant needs, prepared educational materials, and developed supporting media, including presentation slides and educational leaflets. The educational content covered common types of NCDs, associated risk factors, balanced

nutrition, regular physical activity, smoking cessation, stress management, adequate rest, and the importance of routine health screening.

The intervention was delivered through interactive health education sessions using lectures, group discussions, question-and-answer sessions, and direct consultation. Participants were encouraged to actively share their experiences and discuss health-related problems encountered in their daily lives. Educational leaflets were distributed to reinforce key messages and serve as practical references for adopting healthier lifestyles after the program.

Program effectiveness was evaluated using a pre-test and post-test questionnaire to assess changes in participants' knowledge regarding NCD prevention and healthy lifestyle practices. Participant engagement during discussions and feedback sessions was also documented as part of the qualitative evaluation. The evaluation results were analyzed descriptively to determine improvements in participants' understanding and awareness following the educational intervention. All activities were documented and compiled into a final report as evidence of program implementation and as a reference for future community-based health promotion initiatives.

RESULTS AND DISCUSSION

The community service program on non-communicable disease (NCD) prevention through healthy lifestyle education was successfully implemented in Ciputat District, South Tangerang. The activity was attended by community members who actively participated throughout the educational sessions. The program began with participant registration, followed by interactive health education focusing on common NCDs, their risk factors, and preventive strategies through healthy lifestyle practices. The educational materials emphasized balanced nutrition, regular physical activity, smoking cessation, stress management, adequate rest, and the importance of routine health screening. Educational leaflets were also distributed to reinforce the information delivered during the sessions.



Figure 1. Documentation of Community Service activities

During the implementation, participants demonstrated high enthusiasm by actively engaging in discussions and raising questions related to health problems encountered in their daily lives. This interactive communication enabled the facilitators to address misconceptions regarding NCD prevention and provide practical recommendations that could be applied in everyday life. The active participation observed throughout the program indicated that the educational approach created an effective learning environment and encouraged meaningful knowledge exchange between facilitators and participants.

The evaluation conducted at the end of the activity indicated an improvement in participants' understanding of non-communicable diseases, associated risk factors, and

healthy lifestyle practices. Participants expressed greater awareness of the importance of maintaining balanced dietary habits, engaging in regular physical activity, limiting the consumption of sugar, salt, and fat, avoiding smoking, managing stress effectively, and undergoing routine health examinations. In addition, many participants showed a willingness to adopt healthier behaviors as part of their daily routines, suggesting that the educational intervention positively influenced their health awareness.

These findings demonstrate that community-based health education is an appropriate strategy for improving public awareness regarding NCD prevention. Interactive educational methods, combined with discussions and supporting educational materials, facilitate better comprehension because participants are actively involved in the learning process rather than receiving information passively. This participatory approach allows community members to relate the educational content to their personal experiences, thereby increasing the likelihood of adopting recommended health behaviors.

From a community service perspective, the program also strengthened collaboration between higher education institutions, local government, and the community in promoting preventive healthcare. The availability of educational materials, activity documentation, and partnerships established during the program provides a foundation for implementing similar health promotion activities in the future. Sustained educational programs are expected to reinforce healthy lifestyle practices and contribute to reducing the risk of non-communicable diseases within the community.

CONCLUSION

The community service program on non-communicable disease (NCD) prevention through healthy lifestyle education was successfully implemented and achieved its primary objective of improving community knowledge and awareness regarding healthy lifestyle practices. The interactive educational approach, supported by discussions, question-and-answer sessions, and educational leaflets, enabled participants to better understand NCD risk factors and preventive measures, including balanced nutrition, regular physical activity, smoking cessation, stress management, adequate rest, and routine health screening. The active participation demonstrated throughout the program indicates that community-based health education is an effective strategy for promoting preventive health behaviors.

This program also strengthened collaboration between higher education institutions, local stakeholders, and the community in supporting health promotion initiatives. Continuous educational activities and broader community engagement are recommended to reinforce healthy lifestyle behaviors and contribute to the long-term prevention and control of non-communicable diseases. Future community service programs are encouraged to incorporate regular health screening and follow-up educational interventions to maximize their impact on community health outcomes.

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