

ABSTRACT

Winda Hastutiana. 2025. Nutrition Counseling Intervention and Special Diet Milk (PDK) Provision for Underweight Toddlers (1–3 Years Old) at Ngujung Health Center, Magetan Regency. THESIS. Health Polytechnic, Ministry of Health, Malang. Supervisors: Endang Widajati, SST., M.Kes., RD and Fitria Dhenok Palupi, SST., M.Gz.

Background: The prevalence of underweight among toddlers in the service area of Ngujung Health Center, Magetan Regency, is 6.8%, which is classified as moderate. Nutrition counseling interventions combined with Special Diet Milk (PDK) provision are effective in addressing underweight toddlers. **Objective:** This study aims to determine the effect of nutrition counseling and Special Diet Milk (PDK) provision on caregivers' knowledge, energy, protein, zinc, and iron intake, as well as body weight and blood hemoglobin levels of underweight toddlers at Ngujung Health Center, Magetan Regency. **Methods:** A quantitative study with a quasi experimental pretest–posttest control group design was conducted, comparing two groups (control and intervention). The control group received nutrition counseling once a month for three months (three visits) using posters as educational media. The intervention group received nutrition counseling once a week for three months (12 visits) with posters, plus daily PDK milk supplementation for 90 days. **Results:** Caregivers' knowledge increased significantly after the intervention. Energy, protein, zinc, and iron intake also improved post-intervention. Toddlers' weight increased weekly, with an average gain of 75 g/week in the intervention group and 12 g/week in the control group. Hemoglobin levels increased following the intervention, with the intervention group showing an average rise of 0.84 g/dL and the control group 0.27 g/dL. **Conclusion:** Nutrition counseling combined with Special Diet Milk (PDK) positively affects caregivers' knowledge, toddlers' energy, protein, zinc, and iron intake, as well as body weight and blood hemoglobin levels in underweight toddlers aged 1–3 years.

Keywords: Toddler, Body Weight, Nutrition Counseling, PDK Milk, Underweight