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## **The Importance Of Implementing Integrated Coaching Post (Posbindu) For Non-Communicable Diseases (Ncd) For Staff At The Kader Bangsa University (Ukb) Palembang**

Sri Utari<sup>1\*</sup><sup>\*1</sup> Master of Public Health, Kader Bangsa University, Palembang

### **Abstract**

Non-communicable diseases (NCDs) are the leading cause of death, accounting for 36 million (63%) of all deaths worldwide, with approximately 29 million (80%) occurring in developing countries (WHO, 2010). The future increase in NCD deaths is projected to continue at 15% (44 million deaths) between 2010 and 2020. This is due to population growth and increased life expectancy, particularly in developing countries. Furthermore, changes in human behavior and unhealthy environments are contributing to the increase in NCDs. Data on NCDs in Indonesia for 2025 shows that NCDs remain a major health problem, with high mortality rates and a leading cause of disability. Recent data indicate that NCDs, including heart disease, stroke, diabetes, and kidney failure, contribute significantly to the disease burden in Indonesia. NCDs are responsible for 75% of deaths in Indonesia. Non-communicable diseases (NCDs) can be prevented through controlling risk factors, namely smoking, lack of physical activity, unhealthy diet, and alcohol consumption. Increasing public awareness and concern about NCD risk factors is crucial for controlling NCDs. Therefore, community empowerment and participation are needed, known as the Integrated Community Development Program (Posbindu) for Non-Communicable Diseases (NCDs). The purpose of this program is to determine the health status of personnel (male and female) at Universitas Kader Bangsa (UKB) Palembang, as well as the community within the Universitas Kader Bangsa (UKB) Palembang area through the Integrated Community Service Post (Posbindu).

**Keywords:** Posbindu, Non-Communicable Diseases, Implementing

\*Corresponding Author: Sri Utari

\*Email: [utarisri1964@gmail.com](mailto:utarisri1964@gmail.com)





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## 1. Introduction

Non-communicable diseases (NCDs) are the leading cause of death globally and in Indonesia. Efforts to control NCDs must start from promotional efforts, prevention, early detection, treatment, and rehabilitation. Non-communicable diseases (NCDs) are increasingly prevalent, and they are often undetected because they do not present symptoms or complaints. They are usually discovered at an advanced stage, making them difficult to cure and often resulting in disability or premature death. This situation creates a significant financial burden for patients, their families, and the government. NCDs account for 36 million (63%) of all deaths worldwide, with approximately 29 million (80%) occurring in developing countries (WHO, 2010). The increase in deaths due to NCDs in the future is projected to continue at 15% (44 million deaths) within the time frame between 2010 and 2020. This condition arises due to population growth and increased life expectancy, especially in developing countries. Additionally, changes in human behavior and unhealthy environmental factors contribute to the increase in non-communicable diseases (NCDs). NCDs can be prevented through the control of risk factors, namely smoking, lack of physical activity, unhealthy diet, and alcohol consumption. Increasing public awareness and concern about risk factors for NCDs is very important in controlling NCDs. Therefore, community empowerment and participation are needed, which is known as integrated coaching activities (Posbindu) for NCDs. The Integrated Service Post for Non-Communicable Diseases (Posbindu PTM) represents community involvement in early detection and monitoring of risk factors for NCDs and their follow-up, carried out in a coordinated, routine, and periodic manner. The implementers of Posbindu PTM are expected to play an active role in the community as a driving force and controller PTM.

## 2. Research Method

This research is a qualitative study with a case study approach. The goal of this research is to understand the importance of Posbindu PTM for UKB staff and to identify the factors that affect the success of its implementation. The subjects of this research are the educators and educational staff at UKB. The location of this research is at the Universitas Kader Bangsa (UKB) Palembang. The research time is on June 28, 2025. The population in this study consists of all staff (male and female employees) of Universitas Kader Bangsa. The sample in this study is 23 people. The Data Collection Techniques in this research are: First, Interviews: In-depth interviews with key informants (e.g., representatives of UKB, health workers, and Posbindu participants) to explore perceptions, experiences, and expectations related to Posbindu for Non-Communicable Diseases (PTM). Observation: Participant observation (if possible) or direct observation of PTM activities at UKB to see the program implementation firsthand. 3) Document Analysis: Analysis of documents related to PTM at UKB, such as activity proposals, implementation reports, and promotional materials. The Data Analysis used is qualitative using content analysis or thematic analysis to identify key themes that emerge





from the data. To ensure the validity and reliability of the data, researchers can use data triangulation (using various data sources), provide feedback to informants, and conduct cross-checking with other researchers.

### 3. Results And Discussions

#### a. Result

##### 1. Body Mass Index (BMI) Values

Body Mass Index (BMI) Values	Classification BMI	frequency	Persentase
Normal/ Ideal	18,6-22,9	15	65,22
Overweight	23-24,9	5	21,74
Obese	25-30	3	13,04
<b>Total</b>		<b>23</b>	<b>100</b>

Based on the Body Mass Index (BMI) values, the 'Overweight' category is between 23-24.9, and 'Obese' is between 25-30. In this case, there are 5 people categorized as 'Overweight' and 3 people categorized as 'Obese'. BMI is a measure used to determine whether a person's weight is ideal, underweight, or excessive based on height and weight. BMI is calculated by dividing weight (in kilograms) by the square of height (in meters). Based on BMI interpretation, the criteria are as follows: Underweight: < 18.5, Normal: 18.5 - 22.9, Overweight: 23 - 24.9, Obesity:  $\geq 25$ . In this case, the BMI values indicate that there are several individuals classified as 'Overweight' (23-24.9) and several others classified as 'Obese' (25-30). There are 5 individuals in the 'Overweight' category and 3 individuals in the 'Obese' category. The Body Mass Index (BMI) is an important parameter in the health examination of NCDs (Non-Communicable Diseases) to assess an individual's nutritional status. Abnormal BMI, whether underweight or overweight, can increase the risk of various non-communicable diseases such as hypertension, diabetes, and heart disease.

##### 2. Blood Pressure

Klasifikasi TD	TD Systolic	TD Dyastolic	Frequency	Persentase
Normal	110 – 130 mmHg	70 – 80 mmHg	18	78,26
Hypertension	140-160 mmHg	90-100 mmHg	5	21,74
<b>Total</b>			<b>23</b>	<b>100</b>





The statement 'Hypertension 140-160 mmHg 90-100 mmHg 5' refers to the severity level of stage 1 hypertension (high blood pressure), with systolic blood pressure (the upper number) ranging from 140 to 159 mmHg and diastolic blood pressure (the lower number) between 90 and 99 mmHg. The number '5' may refer to an early stage or a certain degree of severity in a more detailed classification context; '5' could indicate the early stage of stage 1 hypertension, where blood pressure may have just reached the upper limit of the normal range, but this information is not specific without additional context. Levels of Hypertension include Stage 1 Hypertension, which is the early stage of high blood pressure, where systolic blood pressure is in the range of 140-159 mmHg and/or diastolic blood pressure is in the range of 90-99 mmHg.

Hypertension with Systolic Blood Pressure, the higher number, indicates the pressure in the blood vessels when the heart beats. Meanwhile, Diastolic Blood Pressure, the lower number, indicates the pressure in the blood vessels when the heart rests between beats. In this case, the importance of understanding the levels is to understand the stages of hypertension to determine the appropriate management, including lifestyle changes and/or medical treatment. The results of blood pressure examinations in the context of Non-Communicable Diseases (NCDs) usually show the prevalence of hypertension (high blood pressure) and pre-hypertension. Blood pressure screening is important for early detection and preventing further complications such as heart disease and stroke.

### 3. Blood Glucose Level at tha Time

Klasifikasi	Result	Frequency	Percentage
Normal	110 – 130 mmHg	22	95,65
Hyperglycemia	>200 mmHg	1	4,35
<b>Total</b>		<b>23</b>	<b>100</b>

Hyperglycemia is a condition of high blood sugar levels, where random blood sugar values exceed 200 mg/dL. This condition can be a sign of diabetes or other health problems. Symptoms of hyperglycemia include frequent urination, excessive thirst, fatigue, blurred vision, and slow healing wounds. The results of random blood glucose tests during Non-Communicable Disease (NCD) health examinations show blood sugar levels within normal or high limits. These results are important for early detection of Diabetes Mellitus (DM) and serve as a reference for further examinations. Hyperglycemia is a medical condition characterized by





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blood glucose (sugar) levels that exceed normal limits. In adults, normal fasting blood sugar levels are below 100 mg/dL, and normal blood sugar levels 2 hours after eating are below 140 mg/dL. Hyperglycemia occurs when blood sugar levels rise above these limits. Generally, hyperglycemia is considered to occur when random blood sugar levels exceed 200 mg/dL (11 mmol/L). Blood sugar tests showing this number, especially if done twice in a row, can be an indication of hyperglycemia. Symptoms of hyperglycemia can vary, but some common symptoms include frequent urination, especially at night, excessive thirst, fatigue and easy tiredness, blurred vision, slow-healing wounds, weight loss, and frequent infections.

#### 4. Conclusion

- a. BMI is a useful tool for assessing nutritional status and the risk of non-communicable diseases (PTM). The results of the BMI examination need to be interpreted correctly and followed up with appropriate actions to maintain health.
- b. Blood pressure examination is an important part of the early detection of non-communicable diseases (PTM). The results of the examination need to be interpreted correctly and followed up according to each individual's condition. It is important to raise public awareness about the importance of blood pressure screening and a healthy lifestyle to prevent and control hypertension.
- c. Random blood glucose testing is an important step in the early detection of diabetes mellitus (DM) and other non-communicable diseases (PTM). The results of this examination can serve as a basis for further interventions and appropriate preventive measures. The PTM Posbindu activities were carried out smoothly as planned, with health examination results being monitored from the results of community service activities.

#### 5. Compliance with ethical standards

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##### Disclosure of conflict of interest

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

##### Statement of informed consent

Every action we take as authors is a mutual agreement or consent.





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