



**INTERNATIONAL  
CONFERENCE  
ON PUBLIC HEALTH  
2020**



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Graduate Program, Universitas Sebelas Maret**  
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**INTERNATIONAL  
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2020**

**THEME:**

**CHILDHOOD STUNTING, WASTING, AND OBESITY,  
AS CRITICAL GLOBAL HEALTH ISSUES:  
FORGING CROSS-SECTORAL SOLUTIONS**

Due to COVID-19 pandemic, the 7th ICPH  
is rescheduled to **NOV 18-19, 2020**  
in Online Conference mode.



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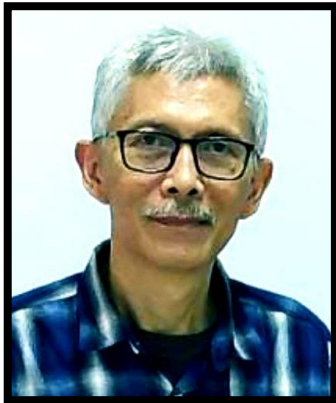


THEME: CHILDHOOD STUNTING, WASTING, AND  
OBESITY, AS CRITICAL GLOBAL HEALTH ISSUES:  
FORGING CROSS-SECTORAL SOLUTIONS



## PREFACE

Welcome to the 7th International Conference on Public Health. This conference is hosted by Universitas Sebelas Maret, in Solo city, Indonesia. It is organized by the Master's Program in Public Health, Universitas Sebelas Maret. This is the 7th of the International Conference on Public Health since 2016 and yet it is the first to be conducted online.



The theme of this meeting is *“Childhood Stunting, Wasting, and Obesity, as the Critical Global Health Issues: Forging Cross-Sectoral Solutions”*. But beforehand, I would like to greet warmly all of the participants of this meeting. It is my privilege and my pleasure to see all of you albeit virtually. I am pleased to acknowledge and welcome the honorable invited officials, the respectable guests, the distinguished international and national speakers, and the admirable participants.

Specifically, I would like to express appreciation to Prof. Ahmad Yunus the Vice Rector of Academic Affairs, who is on behalf of the Rector of Universitas Sebelas Maret, to open this conference officially. Then, I would like to extend my gratitude to all of the international and national speakers who have spared their valuable time to attend this online conference. Our distinguished invited speakers to whom we will listen their presentation are as follows:

1. Prof. Sandra Lopez Arana from the Department of Nutrition, the University of Chile, in Santiago, Chile
2. Prof. Linda Adair from the Department of Nutrition, Gillings School of Global Public Health, the University of North Carolina, in Chapel Hill, North Carolina, USA
3. Prof. Jenny Ruducha, the Director of the Braintree Global Health, in Vancouver, British Columbia, Canada.
4. Prof. Ashir Ahmed from the Department of Advanced Information Technology, the Kyushu University, in Fukuoka, Japan
5. Prof. Michael Dibley from the Sydney School of Public Health, the University of Sydney, in Sydney, Australia
6. Prof. Sanjay Mohanty from the Department of Fertility Studies, the International Institute for Population Sciences (IIPS), in Mumbai, India
7. Prof. Adang Bachtiar from the Faculty of Public Health, Universitas Indonesia, in Jakarta, Indonesia, who is also the Chairman of the Advisory Board, the Indonesian Public Health Association (IAKMI).
8. Dr Hanung Prasetya from the School of Health Polytechnics, Ministry of Health, in Solo, Indonesia, who is also the Secretary of this conference.

Next, I would like to acknowledge the important participation of more than 667 participants coming from 5 countries including Myanmar, Taiwan, Japan, Malaysia, and Indonesia. These participants are mainly graduate students, and the remaining are academicians, public health and nutrition professionals, clinicians, and health researchers.

More than 74 institutions are participating in this meeting, including universities, schools of health sciences, schools of health polytechnics, schools of midwifery, hospitals, and district health offices.

Due to time constraint, I would mention just two of them with the largest contingents, they are the University of Indonesia in Jakarta and the University of Aisyiah in Yogyakarta. As I mentioned before the theme of this conference is *“Childhood Stunting, Wasting, and Obesity, as the Critical Global Health Issues: Forging Cross-Sectoral Solutions”*. This conference aims to discuss the current problems of childhood malnutrition (including stunting, wasting, overweight, and obesity), their causes and consequences. It also aims to discuss and provide recommendations of the multisectoral and transdisciplinary solutions to childhood malnutrition. This theme is chosen not only because of the double burden of childhood malnutrition that can lead to a damaging long-term impact but also because it may emerge as an adverse impact of Covid-19 pandemic.

The conference is conducted in two days. It has 3 programs including: (1) Symposium; (2) Workshop; and (3) Oral Presentation of the participant research work. The oral presentation is divided into five areas including: (1) Epidemiology and Public Health; (2) Health Promotion and Behavior; (3) Maternal and Child Health; (4) Health Policy and Management; and (5) Medicine.

Finally, I wish you all could benefit much from this conference. Please enjoy yourself to listen, present, discuss, get inspired, and recommend. Thank you.

Surakarta (Indonesia), November 18-19, 2020.



Prof. Bhisma Murti  
Chair, 7<sup>th</sup> International Conference on Public  
Health (7<sup>th</sup> ICPH)

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# OXYTOCYN MASSAGE USING INNOVATIVE MASSAGE TOOL AND CONVENTIONAL EFFLEURAGE TECHNIQUES TO INCREASE BREASTMILK PRODUCTION IN POST PARTUM MOTHERS

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## ABSTRACT

**Background:** Exclusive breastfeeding for the first six months of life is recommended by the World Health Organization and United Nations Children's Fund. The World Health Organization (WHO) recommends exclusive breastfeeding for up to 6 months and continuous breastfeeding for up to 2 months. Exclusive breastfeeding is the most effective intervention to reduce infant mortality. It is estimated that it can prevent 13% of under-five mortality in low-income countries. This study aimed to analyze the difference in breastmilk volume before and after the mother received the oxytocin massage using innovative massage tool and conventional effleurage techniques.

**Subjects and Methods:** This was a quasi-experiment study with a non-randomized control trial pretest-posttest design was conducted in Kediri from August to September 2020. The sample used was post-partum women on days 4 to 10 using purposive sampling technique. The dependent variable was amount of breast milk production. The independent variables were oxytocin massage treatment with effleurage technique, and the combination of oxytocin massage, effleurage technique and innovation massage tool. The data was analyzed by T-Test.

**Results:** In the oxytocin massage treatment group used the conventional Effleurage method (Mean = 42; SD = 29) while in the massage treatment group using an innovative massage tool (Mean = 60; SD = 51) this was very different in the control group (Mean = 3.4; SD = 8.8) and it was statistically significant ( $p = 0.005$ ).

**Conclusion:** Giving oxytocin massage using an innovative massage device were higher than oxytocin massage using the conventional Effleurage method and massage using this innovative massage device had a statistical impact on increasing breast milk production

**Keywords:** oxytocin massage, breast milk production, innovative massage tool

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