

UPNVJ Strengthens Health Research: FIKES Lecturers Develop Innovations to Prevent Stunting and Diabetes

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UPNVJ Public Relations - Veteran National Development University Jakarta (UPNVJ) has once again demonstrated its commitment to strengthening research that impacts society. In Fiscal Year 2026, three lecturers from the Faculty of Health Sciences (FIKES) at UPNVJ successfully secured Advanced Multi-Year Research funding to develop health innovations focused on stunting prevention, non-communicable disease control, and technology-based nutritional literacy improvement.

This success is part of an effort to strengthen the research ecosystem within UPNVJ, which is directed at providing real solutions to various public health challenges. According to information from the fikes.upnvj.ac.id page, the three lecturers who received the funding are Rita Ismail, S.Kp., MKM, MTD(HE)., Ph.D., Dr. Avliya Quratul Marjan, S.Gz., M.Si., and Dr. Apriningsih, SKM, MKM.

Rita Ismail developed a study titled "Oxyrna (Oxytocin Massage) Design Innovation for Breast Milk Hormone Stimulation in the Context of Stunting Prevention." This study aims to produce a more effective method of stimulating the hormone oxytocin through oxytocin massage to help smooth milk production in breastfeeding mothers. This innovation is expected to support the national program to accelerate stunting reduction by optimizing exclusive breastfeeding.

Meanwhile, Dr. Avliya Quratul Marjan presented a study entitled "Evaluation of Multi-Dosage Goat Milk Kefir with the Addition of Randu Honey to Support the Diabetes Program: Prevent with CERDIK, Manage with PATUH." This study explores the potential of functional foods as a strategy for preventing and managing diabetes. The combination of goat milk kefir and randu honey was analyzed to see its benefits in improving metabolic health and as an alternative nutritional intervention for the community.

On the other hand, Dr. Apriningsih developed a research entitled "Design and Construction of an Artificial Intelligence-Based Nutritional Diversity Education and Monitoring Application for the Prevention of Anemia and Stunting." This research focuses on the development of an artificial intelligence-based digital application that can improve public nutritional literacy while helping to monitor food consumption patterns in a more integrated manner.

According to Rita Ismail, the success in securing this multi-year research funding reflects the commitment of FIKES UPNVJ academics to producing research that is not only academically superior but also makes a real contribution to improving public health.

"This achievement demonstrates the commitment of UPNVJ's FIKES lecturers to producing impactful research. The innovations developed are expected to support various national priority programs, particularly in stunting prevention, non-communicable disease control, and improving community nutritional quality," he said on Monday (March 9, 2026).

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