

Media Update  
13/03/2024

## Kampung Tioka Kencana *Mamas* Enthusiastically Participate in 6-Month Stunting Prevention Training Program

**TIMIKA** – PT Freeport Indonesia (PTFI) by way of its Community Health Development (CHD) department in conjunction with the employee wives community Persatuan Wanita Kuala Kencana (PWKK/ Kuala Kencana Women’s Association) conducted a Stunting Prevention Training and Education Program for the community of Kampung Tioka Kencana in Kuala Kencana District, Mimika Regency, that began in October 2023 and ended in March 2024.

This program was concluded with a contest to prepare nutritious dishes, with 50 local women (*mamas*) from the village of Tioka Kencana participating in the activity held in the Desa Jayanti Community Center, on Wednesday (6/3).

On the morning of that day, the *mamas* were busily and spiritedly putting into practice preparation of various nutritious dishes, of which one was *bubur manado* (manado porridge) with ingredients readily found in the vicinity of the village. In addition to the culinary contest, they were educated on personal physical and dental health care, as presented by dentist Drg. Eka Yulianti Puspitasari, the PWKK representative.

“It is my hope that the *mamas* gained a valuable experience and a good outcome will lead out of the counseling and training provided over the past 6 months. Hopefully the *mamas* now have a better understanding of how to prepare nutritious meals for their children and families,” **PTFI CHD Manager Daniel Perwira** said. .

He also delivered a reminder on the importance of attending to nutritional needs when preparing meals for children, towards their growing well and attaining good health.

Throughout this program, the PTFI CHD team provided assistance in the form of local ingredients, cooking utensils, and transportation. On behalf of PWKK, PTFI employee wives were personally involved in educating and advising local residents present at the Jayanti Village Community Center.

This training program was positively applauded by representatives from the local government. “We thank the PWKK ladies and Freeport for attending to the communities in the Tioka Kencana village area. It is my hope that the *mamas* will continue to remember what they learned during training, bearing in mind that our children are family assets,” **Head of Puskesmas Bhintuka community health center, Agustina Wanimbo** said on behalf of the local government, which also attended the activity’s closing session.

One training participant, **Wendisina Murib (35)** said she was pleased and enthusiastic throughout the entire activity. She attended meetings regularly and gained much highly beneficial knowledge.

“I participated in this 6-month training, and now I can prepare dishes such as *petatas* stuffed with eggs that were taught to us. Today I participated in the nutritious dishes contest and won first place. Ahead, I plan to prepare these dishes and sell them to earn more income,” she said.

The local residents evidenced joy in participating in this event that was concluded with presentation of food ingredients to 50 Tioka Kencana resident *mamas* who had routinely attended training program activities. The food ingredients included eggs, flour, cooking oil, and other nutritious items.

**PWKK Ladies Care**

PWKK chairperson Linda Purba said throughout the past 6 months, the PWKK community carried out Community Social Service to provide education on caring for Physical and Dental Health to the local community, specifically women and pupils of state elementary school SD Negeri 7 in Kampung Jayanti.

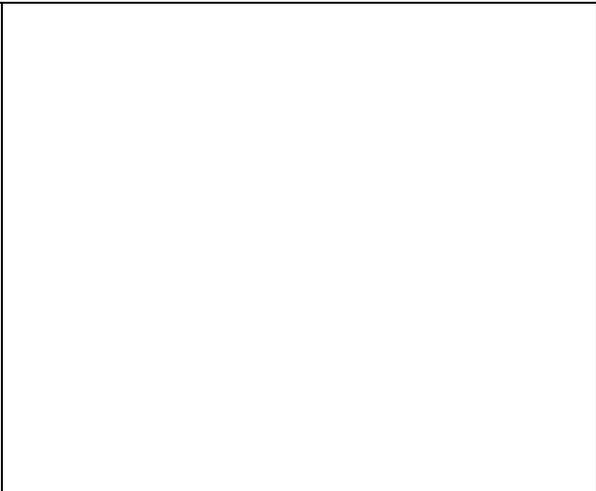
“Activities conducted with the community were always preceded with educating them on personal health, the proper way to brush teeth, and tips on preparing nutritious meals, followed with communal meals together with SDN 7 Jayanti grade 1 to grade 6 pupils, which activities were led by a PWKK member who practices as a dentist in Timika,” Linda related.

Linda said PWKK is highly appreciative of all those who have supported the program, including PTFI CHD, Puskesmas Bhintuka, teachers and schoolchildren in Kampung Jayanti, the Village Head, and security officers.

“The PWKK ladies community from Kuala Kencana will continue to carry out community service activities in the PTFI operating area, with focus on boosting human resources quality, health, and wellbeing, in particular for women and children,” she said.

PHOTO	CAPTION

	<p>Head of Puskesmas Bhintuka Agustina Wanimbo delivering a motivational address to program participant from Kampung Tioka Kencana, and expressing appreciation for ladies of the PWKK Organization and PTFI, who have facilitated this activity.</p>
	<p>Training on preparation of nutritious dishes aimed at preventing stunting, with participants immediately practicing what they learned.</p>
	<p>PWKK and Puskesmas Bhintuka representatives judging preparation of nutritious dishes by <i>mamas</i> from Kampung Tioka Kencana.</p>



*Mamas* from Kampung Tioka attending an education session delivered by Drg. Eka Yulianti Puspitasari on behalf of PWKK and Puskesmas Bhintuka.



*Mamas* participating in the activity to provide education on stunting that took place over a period of 6 months, at the Village Community Center in Tioka Kencana, Kuala Kencana District.

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