

Counseling on Good and Healthy Eating for “Jelita” Women (Approaching 50 Years)

Irma ^{a,1,*}, Ayu Sri Wahyuni ^{a,2}, Andi Kamal M Sallo ^{a,3}, Safriadi Darmansyah ^{a,4}

^a Institut Kesehatan dan Bisnis St.Fatimah, Mamuju, and 91515, Indonesia

¹ irma.muhsen270890@gmail.com; ² nsayu198903@gmail.com; ³ andhykamal789@gmail.com; ⁴ darmansyaharifsafriadi@gmail.com

* Corresponding Author

ABSTRACT

Ahead of the holy month of Ramadan, culinary tourism in the city of Makassar is enlivened with various festivals. The government also supports the implementation of food festivals through the "Makassar City, Good Eating City" program. Various specialties of Daeng City will be a treat for the community, including "beautiful" women (approaching 50 years). Age is not easy anymore, and the physiology of the body, which has changed a lot, makes them have to pay attention to diet. Counseling on good and healthy eating aims to socialize good ways of eating with the right portions. This counseling was attended by 25 elderly women who live in the city of Makassar. It is recommended to consume foods with complete macronutrients in the form of carbohydrates, proteins, and fats in the correct portion. Thus, all the nutrients that the body needs are fulfilled, so that the body remains fit during fasting.

KEYWORDS

fine dining city;
macronutrients;
daeng city;
healthy eating;
elderly woman



This is an open-access article under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license

1. Introduction

Makassar City is a city that is famous for its diverse and delicious traditional culinary wealth. There are several culinary delights from the city of Daeng that have been known, for example. (1) Coto Makassar is a typical Makassar food made from beef or buffalo cooked with spice-rich peanut spices, such as coriander, pepper, and turmeric. Coto Makassar is usually served with ketupat and doused with thick, savory soup. (2) Konro is a typical Makassar food made from beef or buffalo ribs cooked with rich spices and savory soup. Konro is usually served with white rice and chili sauce. (3) Pallu Basa is a fish dish made from mackerel or mackerel cooked with spices such as garlic, onion, ginger, and turmeric. Pallu basa is usually served with white rice and vegetables. Sop Saudara is a typical Makassar soup made from beef, red beans, and spices such as cinnamon, cloves, and cardamom. Sop saudara is usually served with white rice and emping. (5) Pisang Epe is a typical Makassar dessert made from bananas that are roasted with charcoal and then crushed by beating. Pisang Epe is usually served with brown sugar sauce and grated coconut.

Culinary tourism in Makassar is increasingly expanding with the emergence of cafes that offer regional specialties with a more modern look. Many of these cafes feature a cozy atmosphere that makes visitors feel at home and allows them to relax while enjoying food and drinks. In addition, some restaurants also offer live music and other entertainment events, making the culinary experience even more memorable. Many of these places have also gained international recognition and are reviewed by well-known culinary media.

In recent years, the Makassar City Government has also increased promotions to introduce regional specialties to tourists. One of the efforts is to hold the Makassar Culinary Festival, which is an event to introduce typical Makassar food and drinks to tourists. Ahead of Ramadan, food festivals are increasingly encouraged. In Ramadan 2023, there will be several culinary centers, such as the Ramadhan Electric Food Fest by PLN, the Ramadhan Electric Food Fest by the South Sulawesi Provincial Government, the Ramadan Festival Cafeteria in the courtyard of the Singgahsana Hotel, and many more. With various efforts made by the government and local culinary business actors, the development of culinary tourism in Makassar City is becoming increasingly rapid and promising in the future.

Culinary tourism can provide significant benefits for a region, both economically, socially, and culturally. This makes the development of culinary tourism part of tourism development and overall

regional development. Culinary tourism can be a source of income for the local community and can encourage economic growth in the area. Tourists who come to taste regional specialties will have a positive impact on the local culinary and tourism industries. In addition, regional specialties are part of the cultural wealth of a region. Culinary tourism can be an effective medium for promoting the uniqueness of a region's culture, especially through distinctive food and drinks. It is also a means to introduce various types of food and drinks from various cultures. This can increase intercultural understanding and tolerance and strengthen social and cultural relations among communities. The existence of culinary tourism in the city of Makassar is not only enjoyed by Muslims in the month of Ramadan but by people of all walks of life. It's just that the special condition of the body during fasting still requires attention to health aspects. Especially for the elderly.

Wanita lanjut usia telah banyak diteliti oleh peneliti terdahulu yang menjadi rujukan pengabdian masyarakat ini. Diagnosis dan pengobatan melanoma uretra primer dengan metastasis limfatik regional pada wanita lanjut usia: laporan kasus dan refleksi terapi yang tersedia diteliti oleh Alvarez Restrepo [1]. Blok Pesawat Interpektoral dan Pectoserratus yang Dipandu Ultrasound dalam Bedah Payudara: Pilihan Alternatif untuk Anestesi Umum pada Wanita Lanjut Usia dengan Riwayat Medis yang Kompleks diteliti oleh Pirri [2]. Enteropati Sel Pembunuhan Alami pada Perut pada Wanita Lanjut Usia: Laporan Kasus diteliti oleh Koo [3].

Sistitis emfisematous, abses iliopsoas, dan pneumorrhachis pada wanita lanjut usia: laporan kasus diteliti oleh Stein [4]. Wanita Tua Dengan Kehilangan Visual Tanpa Rasa Sakit diteliti oleh Kucharski [5]. Wanita tua dengan gaya berjalan yang tidak stabil diteliti oleh K. Chang [6].

Penyebab Demam Berkepanjangan yang Tidak Biasa pada Wanita Lansia – Pyometra diteliti oleh Schattner [7]. Keracunan perkloroetilen akut pada wanita lanjut usia: laporan kasus diteliti oleh Tarditi [8]. Papula Periungual pada Wanita Lanjut Usia diteliti oleh Kasitnon [9].

Wanita Lansia Dengan Muntah Berulang diteliti oleh Woster [10]. Lesi demielinasi tumefaktif berulang pada wanita lanjut usia diteliti oleh Weil [11]. Pemulihan Wanita Lanjut Usia dengan Asma dan Diabetes dari Infeksi COVID-19: Laporan Kasus diteliti oleh Ghaysouri [12].

Wanita Tua Dengan Distensi Perut diteliti oleh Wang, Yang [13]. Wanita tua dengan status mental yang berubah diteliti oleh Shih-Ming [14]. Gangguan saraf berat dan gagal napas setelah jatuh dan patah tulang pinggul pada wanita lanjut usia diteliti oleh Rostagno [15].

Prosedur Latarjet terbuka pada wanita lanjut usia dengan dislokasi bahu anterior kronis dan beberapa cedera yang menyertainya diteliti oleh Hu [16]. Diseksi arteri koroner spontan dari ramus intermedius pada wanita lanjut usia diteliti oleh Tanba [17]. Plak kulit dan tumor di lengan bawah seorang wanita tua diteliti oleh Y. Wang, Hsu [18].

Nodul keunguan yang berkembang pesat pada wanita tua diteliti oleh Gil-Lianes [19]. Petunjuk diagnostik yang menentukan untuk aneurisma aorta perut menular yang disebabkan oleh *Arthrobacter ruscicus* pada wanita lansia diabetes dengan disfungsi ginjal: Laporan kasus dan meninjau literatur yang diteliti oleh Yamamoto [20]. Reassortant Influenza A(H1N1)pdm09 Virus pada Lansia, Denmark, Januari 2021 diteliti oleh Nissen [21].

Pneumoretroperitoneum, pneumoperitoneum, pneumomediastinum dan pneumopericardium pada wanita lanjut usia dengan ruptur divertikulitis diteliti oleh Luo [22]. Corrigendum: Rhabdomyoma dewasa multifokal berulang pada wanita lanjut usia yang didiagnosis dengan sindrom Birt-Hogg-Dubé: Laporan kasus diteliti oleh Andersen [23]. Adenokarsinoma mirip mesonefrik pada ovarium pada wanita lanjut usia: Laporan kasus dan tinjauan literatur diteliti oleh Ujita [24].

Pankreatoblastoma pada wanita lanjut usia: Laporan kasus yang mensimulasikan tumor neuroendokrin pankreas dengan penekanan pada fitur sitomorfologis yang diteliti oleh Saoud [25]. DLBCL perikardial primer langka yang menyamar sebagai efusi pleura ganas yang tidak dapat dijelaskan pada wanita lanjut usia: Laporan kasus diteliti oleh Chang [26]. Pyosalpinx karena *Cronobacter sakazakii* pada wanita lanjut usia diteliti oleh Ohira [27].

Cedera ginjal akut terkait valasiklovir dan ensefalopati pada wanita lanjut usia dengan fungsi ginjal normal: laporan kasus diteliti oleh Kato [28]. Wanita Tua Dengan Nyeri Bahu Kiri Setelah Jatuh diteliti oleh Gohde [29]. Hemolymphangioma dengan multiple hemangioma di hati wanita lanjut usia dengan

riwayat keganasan ginekologi: laporan kasus diteliti oleh M. Wang [30]. The elderly experience normal physiological changes with age, so they are prone to various health problems. The function of body organs such as the heart, kidneys, liver, and lungs decreases with age, so the elderly become more susceptible to various health problems. The muscle mass of the elderly tends to decrease with age, so the elderly can experience a decrease in physical strength and mobility. This condition also has an impact on decreased bone density, which is the forerunner of osteoporosis. Changes in body health in the elderly can affect their overall health and quality of life. Therefore, it is very important for the elderly to maintain their physical and mental health by carrying out a healthy lifestyle such as regular exercise, maintaining a healthy diet, avoiding smoking and drinking alcohol, and routinely checking their health with the doctor.

Healthy dietary habits are still lacking in women over the age of 50. The limitations of their abilities. The elderly often tend to choose foods high in sugar that can increase the risk of diseases such as diabetes, heart disease, and obesity. Especially during fasting, the majority of Makassar people's takjil dishes are sweet and fried, such as banana ijo, fruit ice, jalangkote, bakwan sayur, and so on. Therefore, we conduct counseling on good and healthy eating for women "Jelita" (Menjelang 50 Tahun).

2. Method

Counseling begins with planning an event. The team from St. Fatimah's Institute of Health and Business partnered with Makassar Cancer Care Community (MC3). After discussion, the team decided to conduct counseling at Arnum Café Makassar. The audience for this counseling is elderly women who are approaching the age of 50 and over. The team invited volunteers from the cancer community in Makassar City. Invitations are distributed through e-invitation in What's Up groups and Facebook. The team prepared counseling materials and selected a typical Makassar food menu that has the complete nutrition needed by the elderly.

The counseling was held on Tuesday, March 23, 2023, and was attended by 25 audiences. The event began with brainstorming on healthy eating habits during Ramadan. The extension method uses lectures with active participation from participants. During the material, the speaker threw out questions to provoke participant feedback. The language style used integrates the local language with the typical accessibility of the city of Makassar. So that speakers are easier to blend in with participants who help deliver information even though they are relaxed. The event was closed with hospitality by eating typical food of the city of Makassar.

3. Results and Discussion

Tourism comes from the Sanskrit language, which means a lot of travel. The general public interprets tourism as a place to walk. One aspect inherent in the world of tourism is traditional food. In the city of Makassar, traditional food has its own attraction for both local and foreign tourists. Their various types of typical food have a unique flavor rich with spices. Various typical foods are even synonymous with certain moments, such as pijang ijo as your takjil during Ramadan fasting. Seeing this, the Makassar city government supports the development of culinary tourism in Daeng City, a title for the city of Makassar. Ahead of Ramadan in 2023, the Makassar City Government launched the program "Makassar City, City of Good Eating." This program was enthusiastically welcomed by business leaders and the community. This can be seen from the various food festival programs that are very crowded at various points in Makassar City. In addition to the euphoria, there is a risk of health problems that threaten the community. Especially "jelita" women (approaching 50 years).



Fig. 1. Extension Preparation

The health of the elderly becomes a parameter of a country's health. The increase in the number of elderly women is overshadowed by the risk of health problems such as degenerative diseases such as hypertension, diabetes, osteoporosis, asthma, cancer, and many more. This problem is influenced by changes in the physiology of their bodies. Women in old age no longer menstruate. This means that their reproductive hormones have decreased. This condition triggers various metabolic problems that lead to cancer, such as breast and cervical cancer. The main cause of degenerative diseases is an unhealthy lifestyle. Especially during the fasting month, where various delicious foods have the potential to worsen the diet of the elderly.



Fig. 2. Examples of Balanced Portions for Breaking the Fast for the Elderly

For this reason, it is necessary to learn how to eat healthy even though you are fasting. St. Fatimah's Institute of Health and Business conducts counseling on good and healthy eating for "beautiful" women. The event was attended by 25 elderly women from various walks of life. The event began by providing education about healthy food according to their age level, both in proportion and how it was processed. The speaker explained the relationship between degenerative diseases such as hypertension and diet. Found that 61% of elderly women with hypertension had a poor diet. This is due to their habit of consuming foods high in sodium. Usually, this comes from fried foods or packaged foods that are high in calories. Even for elderly women, the risk is much higher than for men suffering from hypertension. This is because their metabolism decreases as their reproductive hormone production decreases. Excessive or too little physical activity also triggers problems with blood pressure.

In this counseling, elderly women are also taught to set the right portion of food. Broadly speaking, rice extension material states that a balanced composition in macroprotein daily food consists of

carbohydrates, proteins and fats. The theory states that the ratio of the three includes 40% carbohydrates, 30% fat and 30% protein. The most practical way we can do this is to divide the rice plate into 30 parts. Half is vegetables; the first quarter is for protein such as meat, chicken, eggs, tempeh, and so on; and the second quarter is rice. The activity was closed with hospitality and a meal together while practicing the material from counseling.

4. Conclusion

Counseling on good and healthy eating is important for "jelita" women approaching 50 years. Increasing age and changes in body physiology affect their digestion. Many elderly women experience health problems due to food problems, including sexual diseases. Understanding how to eat right and the right portions will help them in maintaining body stamina. This counseling helps them understand how to eat, especially when fasting so that they can stay fit to carry out fasting.

Acknowledgment

Special thanks to the internal funder for community service from the University of Muhammadiyah Yogyakarta.

Author Contribution

The activity plan in order to implement the solutions offered that there are five series of activities, namely coordination, logo design, socialization of covid, marketing, and marketing education.

Funding

Special thanks to the internal funder for community service from the University of Muhammadiyah Yogyakarta.

Conflict of Interest

The authors declare no conflict of interest.

References

- [1] J. C. Alvarez Restrepo et al., "Diagnosis and treatment of primary urethral melanoma with regional lymphatic metastasis in an elderly woman: a case report and review of available therapies," *African J. Urol.*, vol. 29, no. 1, p. 28, May 2023.
- [2] C. Pirri, D. E. Torre, A. U. Behr, R. De Caro, and C. Stecco, "Ultrasound-Guided Interpectoral and Pectoserratus Plane Blocks in Breast Surgery: An Alternative Option to General Anaesthesia in an Elderly Woman with a Complex Medical History," *Life*, vol. 12, no. 12, p. 2080, Dec. 2022.
- [3] Y. young Koo et al., "Natural Killer-cell Enteropathy of the Stomach in an Elderly Woman: A Case Report," *Korean J. Gastroenterol.*, vol. 78, no. 6, pp. 349–352, Dec. 2021.
- [4] M. Stein, A. Min, B. Mohammed, S. Mathur, and J. Ailon, "Emphysematous cystitis, iliopsoas abscess, and pneumorrhachis in an elderly woman: a case report," *J. Med. Case Rep.*, vol. 17, no. 1, p. 150, Apr. 2023.
- [5] K. Kucharski, J. Watson, and J. E. Davis, "Elderly Woman With Painless Visual Loss," *Ann. Emerg. Med.*, vol. 80, no. 6, pp. 507–547, Dec. 2022.
- [6] K. Chang and Z. Hwang, "Elderly woman with unsteady gait," *J. Am. Coll. Emerg. Physicians Open*, vol. 2, no. 6, Dec. 2021.
- [7] A. Schattner, I. Dubin, Y. Glick, and S. Haimovich, "An Unusual Cause of Prolonged Fever in an Elderly Woman – Pyometra," *Am. J. Med.*, vol. 136, no. 7, pp. e138–e139, Jul. 2023.
- [8] A. Tarditi et al., "Acute perchloroethylene intoxication in an elderly woman: a case report," *J. Med. Case Rep.*, vol. 16, no. 1, p. 388, Oct. 2022.
- [9] S. Kasitinon, "Periungual Papules in an Elderly Woman," *Cutis*, vol. 108, no. 6, Dec. 2021.
- [10] C. M. Woster, "Elderly Woman With Recurrent Vomiting," *Ann. Emerg. Med.*, vol. 81, no. 6, pp. e153–e154, Jun. 2023.

- [11] E. L. Weil and M. O. Nakawah, "Recurrent tumefactive demyelinating lesions in an elderly woman," *Radiol. Case Reports*, vol. 17, no. 12, pp. 4570–4574, Dec. 2022.
- [12] A. Ghaysouri et al., "The Recovery of an Elderly Woman with Asthma and Diabetes from COVID-19 Infection: A Case Report," *Infect. Disord. - Drug Targets*, vol. 21, no. 8, Dec. 2021.
- [13] H.-H. Wang, P.-J. Yang, and J.-L. Tsai, "Elderly Woman With Abdominal Distension," *Ann. Emerg. Med.*, vol. 81, no. 6, pp. 677–690, Jun. 2023.
- [14] H. Shih-Ming, L. Yu-Chi, L. Yi-Kung, and T. Tou-Yuan, "Elderly Woman With Altered Mental Status," *Ann. Emerg. Med.*, vol. 80, no. 5, pp. e73–e74, Nov. 2022.
- [15] C. Rostagno, S. Maiani, R. Di Donato, G. Bandini, E. Grassi, and E. Fainardi, "Severe neurologic impairment and respiratory failure after fall and hip fracture in an elderly woman," *Clin. Case Reports*, vol. 9, no. 12, Dec. 2021.
- [16] C. Hu, J. Yang, and H. Gao, "Open Latarjet procedure in an elderly woman with chronic anterior-shoulder dislocation and multiple accompanying injuries," *Asian J. Surg.*, vol. 46, no. 6, pp. 2376–2377, Jun. 2023.
- [17] C. Tanba, S. Bandaru, Z. Alhaddad, and F. Iskander, "Spontaneous coronary artery dissection of ramus intermedius in an elderly woman," *Radiol. Case Reports*, vol. 17, no. 11, pp. 4165–4167, Nov. 2022.
- [18] Y. Wang, T. Hsu, and J. Y. Lee, "Cutaneous plaques and tumors on the forearm of an elderly woman," *JDDG J. der Dtsch. Dermatologischen Gesellschaft*, vol. 19, no. 12, pp. 1793–1796, Dec. 2021.
- [19] J. Gil-Lianes, A. Combalia, and T. Estrach-Panella, "Rapidly evolving violaceous nodules in an elderly woman," *JDDG J. der Dtsch. Dermatologischen Gesellschaft*, vol. 21, no. 6, pp. 664–666, Jun. 2023.
- [20] H. Yamamoto et al., "Decisive diagnostic clue for infectious abdominal aortic aneurysm caused by *Arthrobacter ruscicus* in a diabetic elderly woman with renal dysfunction: A case report and literature review," *Front. Cardiovasc. Med.*, vol. 9, Oct. 2022.
- [21] J. N. Nissen et al., "Reassortant Influenza A(H1N1)pdm09 Virus in Elderly Woman, Denmark, January 2021," *Emerg. Infect. Dis.*, vol. 27, no. 12, pp. 3202–3205, Dec. 2021.
- [22] R.-R. Luo, J. Fu-Shan, and C.-C. Hsieh, "Pneumoretroperitoneum, pneumoperitoneum, pneumomediastinum and pneumopericardium in an elderly woman with rupture of diverticulitis," *Asian J. Surg.*, vol. 46, no. 5, pp. 2225–2226, May 2023.
- [23] U. Ø. Andersen, R. Marie, and H. Preben, "Corrigendum: Recurrent multifocal adult rhabdomyoma in an elderly woman diagnosed with Birt-Hogg-Dubé syndrome: A case report," *Front. Surg.*, vol. 9, Oct. 2022.
- [24] M. Ujita, K. Abiko, R. Kuwahara, I. Emoto, Y. Amano, and I. Konishi, "Mesonephric-like adenocarcinoma of the ovary in an elderly woman: A case report and a review of the literature," *J. Obstet. Gynaecol. Res.*, vol. 47, no. 12, pp. 4490–4495, Dec. 2021.
- [25] C. Saoud, A. A. Wu, E. K. Fishman, R. H. Hruban, and S. Z. Ali, "Pancreatoblastoma in an elderly woman: A case report simulating a pancreatic neuroendocrine tumour with emphasis on cytomorphological features," *Cytopathology*, vol. 34, no. 3, pp. 254–258, May 2023.
- [26] Y.-C. Chang, K.-T. Liu, Y.-G. Lin, and J.-L. Chang, "A rare primary pericardial DLBCL masquerading as an unexplained malignant pleural effusion in an elderly woman: A case report," *Ann. Med. Surg.*, vol. 82, Oct. 2022.
- [27] S. Ohira et al., "Pyosalpinx due to *Cronobacter sakazakii* in an elderly woman," *BMC Womens. Health*, vol. 21, no. 1, p. 136, Dec. 2021.
- [28] K. Kato et al., "Valacyclovir-associated acute kidney injury and encephalopathy in an elderly woman with normal kidney function: a case report," *CEN Case Reports*, vol. 12, no. 2, pp. 221–225, Nov. 2022.
- [29] E. Gohde et al., "Elderly Woman With Left Shoulder Pain After a Fall," *Ann. Emerg. Med.*, vol. 80, no. 4, pp. 317–328, Oct. 2022.
- [30] M. Wang, H.-F. Liu, Y.-Z.-Z. Zhang, Z.-Q. Zou, and Z.-Q. Wu, "Hemolymphangioma with multiple hemangiomas in liver of elderly woman with history of gynecological malignancy: A case report," *World J. Clin. Cases*, vol. 9, no. 32, pp. 9948–9953, Nov. 2021.