

The effectiveness of Nutrition Education for Overweight/Obese Mother with Stunted Children (NEO-MOM) in reducing double burden of malnutrition

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Status	RECRUITING
Sponsor	Trias Mahmudiono
Enrollment	68 participants

Plain Language Summary

This study in Surabaya, Indonesia, is testing whether a 3-month nutrition education program for mothers who are overweight or obese and have a young child with stunted growth (too short for their age) can improve both the mother's weight and the child's nutrition at the same time. Community health workers deliver the program through home visits and group sessions focused on healthy eating and feeding practices.

You may be eligible if:

- You are a mother who is overweight or obese
- You have a child aged 2 to 5 years old who has stunted growth
- You are a permanent resident of Surabaya and plan to stay for at least 6 months
- You are fluent in Indonesian (Bahasa Indonesia)
- Your child is enrolled in a community health post and receiving government complementary feeding

You may NOT be eligible if:

- You or your child have a physical disability
- You are participating in a weight-loss program or fasting for religious reasons
- Your child has a serious medical condition

Talk to your doctor about whether this trial might be right for you.

Locations (1 total)

East Java, Indonesia