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# Message from the Project Manager

BY SURESH MANI – LOVELY PROFESSIONAL UNIVERSITY

Non-communicable diseases (NCDs) are a major cause of death and disability throughout the world. Research has shown that physical activity, such as sport, can help in the prevention and management of NCDs. It is estimated that regular physical activity can reduce the risk of premature mortality by up to 30%, and it is important to emphasize the role of sport in reducing this risk. Not only can regular sport reduce one's risk of developing an NCD, but it can also help manage existing conditions like hypertension, diabetes, cancer, and obesity. Sport not only helps physically but also mentally; it encourages social interaction and provides a sense of purpose and meaning in life. There are many benefits associated with participating in sport for those who suffer from NCDs or who are at risk for developing them.

Despite the global Covid pandemic, the SPIRIT project was able to achieve its overall objectives. This was due to the hard work, dedication, and resilience of everyone involved in the project. We faced many challenges throughout the year, including restrictions on travel and face-to-face meetings, but this did not prevent us from working together to make sure that we achieved our goals. Through creative problem-solving and adapting our methods, we were able to make sure that implementation of objectives went ahead as planned.

We would like to extend our congratulations to all the partners for their successful planning and implementation of events in their respective countries. Through these efforts, the partners were able to meet the overall objectives that were set out to accomplish. These events showcased their dedication, hard work, and commitment to achieving the desired results under the SPIRIT project. It is through such collective efforts that we are successfully able to create a successful implementation of various tasks under the SPIRIT project. With this mindset and determination, we can push ourselves to go further than ever before and achieve anything we set our minds to.

The sky is indeed the limit!



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# Project Update

## IPB University

### IPB University SPIRIT+ Erasmus Project Webinar in Collaboration with IPB Dietitians Study Program

In order to increase public knowledge about the role of dietitians and the promotion of the IPB Dietitian Study Program, a webinar entitled "The Role of Dietitians in Improving Athlete Performance and Community Fitness" was conducted on July 3<sup>rd</sup> 2023 with the speakers from University of Nicosia (UNIC) Dr. Eleni Andreou, RD and from Indonesia Ni Putu Dewi, SGz, RD and Rr. Bamandhita Rahma Setiaji, SGz, RD.

**IPB University** — Bogor Indonesia

Department Of Community Nutrition  
Faculty Of Human Ecology

**SPIRIT ERASMUS+**

**WEBINAR**

**THE ROLE OF DIETITIANS IN IMPROVING ATHLETE PERFORMANCE AND COMMUNITY FITNESS**

**Speakers**

**Dr. Eleni Andreou, RD**  
School of Life and Health Sciences  
University of Nicosia Cyprus  
(President of Cyprus Dietetic and Nutrition Association)  
*"Energy Intake Strategies for Weight Management and Optimizing Body Composition for Athletes"*

**Ni Putu Dewi, SGz, RD**  
(Alumni of IPB Dietitian Study Program 2019/2020)  
*"The Role of Dietitians in Student Sports Training Centers to improve the performance of adolescent athletes"*

**Rr Bamandhita Rahma Setiaji, SGz, RD**  
(Alumni of IPB Dietitian Study Program 2020/2021)  
*"The Role of Dietitians in digital nutrition services (telecounseling)"*

**Welcome Speech**  
Prof.Dr. Katrin Roosita,SP,MSi, RD  
Head of Department of Community Nutrition IPB

**Moderator**  
M.Aries Sulaeman, MSi  
Lecturer of IPB Dietitian Study Program

**Monday, July 3<sup>rd</sup>, 2023**  
**19.00 - 21.00 WIB**

Meeting ID: 944 3565 7307  
Passcode : 12345

**zoom**

**FREE**  
E-CERTIFICATE FOR ATTENDEES



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### Nutrition & Health Education Program, and Fitness Measurement in Adolescent Girl in Cirebon, West Java

As one of the nutritional problems in Indonesia the prevalence of anaemia for women in their productive age (15-49 years old) reaches 29,9% (WHO 2021). The prevalence of anaemia in Indonesia for 15-24 years old women reach 32% (MoH, 2018). The anaemia prevalence in West Java reaches 41,8%, it means 3 –4 girls experienced anaemia. Impact of anaemia can cause decrease immunity, low level of concentration, low academic achievement, low fitness level and productivity. This study aims to analyze the impact of the iron-added tablets consumption on the incidence of anemia in adolescent girls in Cirebon Regency. It is hoped that this research can be a reference or provide input in the prevention and control of anemia problems in adolescent girls in Cirebon Regency. This activity was conducted on July – August 2023 and has health ethical approval no: 1050/IT3.KEPMSM-IPB/SK/2023.





# Project Update

## IPB University

### Collaboration Between IPB SPIRIT Project with The Department Of Community Nutrition in Conducting of Summer Course

The IPB Spirit Project, in collaboration with the Department of Community Nutrition, organized a unique summer course from 21-25 August 2023 that brought together participants from Indonesia, Japan, Malaysia, and Uganda. The summer course aimed to provide an enriching educational experience both in the classroom and through outdoor activities.



In this Summer Course, traditional sports activities were also introduced. We got support from Erasmus plus spirit, an organization from Europe whose one members are IPB. In essence, it wants to improve exercise habits among students, academics and the community. This agenda aims to increase cooperation and networking among participants, with cultural differences, of course, there are differences in approach. It is hoped that the participants can take their points of excellence from this series of activities.



# Project Update

## IPB University

### Students and Lecturers of the Department of Community Nutrition, FEMA IPB University Participate in International Activities at Universidade de Lisboa (ULisboa) Portugal



**The Erasmus + SPIRIT Project** (*Sport and physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka*) held its third activity in Europe, namely at the Universidade de Lisboa (ULisboa) Portugal on September 11-15, 2023, after previously at Universitat Politècnica de Valencia Spain on May 8-15, 2022 and the University of Nicosia Cyprus on May 22-26, 2023. Students and lecturers from the Department of Community Nutrition FEMA IPB university participated in the activity with funding from Erasmus Plus European Union.

The activity with the theme "*Inspiring Inclusion in Sports: Success Stories, Practical Skills, and Management Strategies*" was attended by 8 universities from 3 Asian countries, namely Indonesia, India and Sri Lanka, and 3 European universities as mentors/coaches. According to Prof. Dr. Ir. Sri Anna Marliyati, MSi (lecturer at the Department of Community Nutrition) as the Coordinator of the IPB SPIRIT Team, "this activity provides insight into the development and progress achieved by sports through the word "*Inclusion*", which includes all levels of society, both the general public or those who have disabilities, and women with gender differences". The activity was held at the Faculdade de Motricidade Humana (FMH), Universidade de Lisboa (ULisboa) Portugal with the coordinator being Mrs. Ana Pipio. "This SPIRIT activity is also fully supported by the Vice Rector of IPB University for Global Connectivity, Cooperation and Alumni, Prof. Dr. Ir. Iskandar Z. Siregar, she explained.





# Project Update

## IPB University

The SPIRIT activity in Lisbon began with a presentation session on the topic "*Inclusion in High Performance Sports*" with speakers from Portugal's national coach for canoe for disability (paracanoe) *Ivo Quendera* and international championship medalist paralympic athlete *Norberto Mourau* (age 42 years). "This session was very stunning and inspired and provided insight for the participants, including 3 undergraduate students of the Department of Community Nutrition (Maulidhani Sekar Maharani, Daffa Dwi Faza Mahardhika and Assyifa Zhafira Mahmudin) as well as myself. With good cooperation from the coaching team (including nutritionists and psychologists), making a paralympic athlete achieve world class, said Prof. Anna (Wednesday, September 20, 2023).



Prof. Anna with 3 students of Department Community Nutrition (Daffa, Assyifa and Mauludhani) in Lisbon Portugal





# Project Update

## IPB University

In addition to the presentation on "*Inclusion*" for athletes with disabilities, other interesting materials were also presented such as "Gender inclusion through sports", "Organization and management of various sports *events*", and "traditional sports and regional games". All participants participated in Korfball (such as basketball) with male and female players in one team, as well as learning and trying Canoe in Setubal.

On the last day of the activity, all students were given the opportunity to present their impressions and messages during the SPIRIT activity in Lisbon in the '*Student premium time event*'. This is a special activity for students to express their understanding of the SPIRIT project, as well as the benefits obtained from this activity, so it is hoped that in the future students can bring their knowledge and experience to be disseminated to students and other young generations to do and develop sports, especially to be healthy and avoid non-communicable diseases (NCDs), she concluded.

This SPIRIT project activity is an activity designed for 3 years (2021-2023), but due to the constraints of the Covid Pandemic in 2021, the activity will be extended until the middle of next year. Through various activities in each partner university in 3 Asian countries, it is hoped that the implementation of sports and physical activities will continue to grow, through inclusion in various circles of society.

Published Date : 22 September 2023

Resource Person : Prof Sri Anna Marliyati

Keyword : EU SPIRIT Technical Training, Erasmus Project, SPIRIT Project

SDG : SDG 3 - GOOD HEALTH AND WELL-BEING, SDG 4 - QUALITY EDUCATION, SDG 17 PARTNERSHIPS FOR THE GOALS



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# Project Update

## IPB University

### Workshop/Training for IPB SPIRIT Sport Club's Trainer

Workshop/Training for IPB SPIRIT Sport Club's trainer was held on 10 dan 17 November 2023. The aim of this activity is to increase the trainer capability in training sports club visitors and providing nutrition consultation and weight loss programs. The material is delivered through lectures and practical with 40-120 participants. The training material includes:

1. Wellness program and Tele-nutrition
2. Supplement for Sport
3. Diet and Weight Management
4. Injury prevention during Exercise
5. Circuit Training
6. Behavior Changes Strategies
7. Body Building



# Project Update

## Universitas Sumatera Utara

### **The Indonesian Hydration Working Group (IHWG) collaborates with Universitas Indonesia and Universitas Sumatera Utara-SPIRIT Project to socialize the National Healthy Hydration Movement**

Hydration is a water consumption program for various age groups from early childhood to old age. It is recommended to consume 2 liters or 8 glasses of drinking water per day to maintain body health and optimize physical abilities. This was stated by the main speaker, the Dean of the Faculty of Medicine, Universitas Indonesia, namely Prof. Dr. dr. Ari Fahrial Syam, SpPD-KGEH, MMB, who attended the community service event to socialize Hydranation: National Healthy Hydration Movement on 26-28 October 2023, at Mikie Holiday Hall, Berastagi, North Sumatra. This activity was also attended by the Dean of the Faculty of Medicine, Universitas Sumatera Utara, Prof. Dr. dr. Aldy Safruddin Rambe, SpS(K) with the aim of strengthening collaboration between the two faculties. Hydration is a water consumption program for various age groups from early childhood to old age. It is recommended to consume 2 liters or 8 glasses of drinking water per day to maintain body health and



optimize physical abilities. This was stated by the main speaker, the Dean of the Faculty of Medicine, Universitas Indonesia, namely Prof. Dr. dr. Ari Fahrial Syam, SpPD-KGEH, MMB, who attended the community service event to socialize Hydranation: National Healthy Hydration Movement on 26-28 October 2023, at Mikie Holiday Hall, Berastagi, North Sumatra. This activity was also attended by the Dean of the Faculty of Medicine, Universitas Sumatera Utara, Prof. Dr. dr. Aldy Safruddin Rambe, SpS(K) with the aim of strengthening collaboration between the two faculties.

In addition, long-term dehydration can increase the risk of non-communicable diseases and infections in the future. These non-communicable diseases are the main focus in various international project activities and health organizations, especially the SPIRIT activities of the Erasmus Plus Funding Project which emphasizes increasing physical activity and proper nutritional intake in preventing non-communicable diseases, one of which is metabolic syndrome.

The 'National Healthy Hydration Movement' is currently being launched, this movement was initiated by the Indonesian Hydration Working Group (IHWG) in collaboration with the Universitas Indonesia (UI) and invited the Universitas Sumatera Utara (USU) to socialize "Hydranation" to all corners of Indonesia. This movement is also supported by other health organizations such as the





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## Universitas Sumatera Utara

Indonesian Doctors Association (IDI), the Indonesian Association of Clinical Nutrition Doctors (PDGKI), and the Indonesian Medical Nutrition Doctors Association (PDGMI).

The Indonesian Hydration Working Group (IHWG) has been working for 11 years to socialize the importance of drinking water. It is hoped that this activity will continue in the future with the National Healthy Hydration Movement which is the peak of Indonesia's hydration activities. Full support for this activity comes from the local government and various parties, especially PT. Danone Aqua.

Water as an essential macronutrient has a function in various important processes in the human body. Namely as a form of cells and body fluids, as a regulator of body temperature, as a solvent, as a lubricant and cushion, as a transportation medium, and as an elimination of metabolic waste. The body cannot meet all its needs for water, therefore humans need to fulfill their need for water with adequate water intake or adequate hydration. This movement needs to be done at all ages to get optimal benefits, called Hydranation ("Hydranation").

Some people still consume drinking water in quantities that are less than their needs. As many as 22% of Indonesian children aged 4-9 years do not drink enough water. The need for children aged 2-12 years is around 5-6 glasses per day (1 glass is equivalent to 250 mL of water), while for adult men 8 glasses per day, adult women 7 glasses per day, and pregnant women 8-10 gels per day, breastfeeding mothers 10-12 glasses per day, for the elderly 6 glasses per day. Assessment of adequacy can be seen from the color of the urine produced by the body. The darker the color of the urine, the higher the level of dehydration.

The team from the Universitas Indonesia who was also present to jointly carry out the socialization of the National Healthy Hydration Movement was Dr. dr. Diana Sunardi, M. Gizi, SpGK (K), dr. Nurul Ratna Mutu Manikam, M. Gizi, SpGK (K), Dr. dr. Dian Novita Chandra, M. Gizi, and dr. Wiji Lestari, M. Gizi, SpGK (K), as well as the team from the Department and Clinical Nutrition Study Program, Faculty of Medicine, Universitas Indonesia.

The discussion about long-term hydration being very important to prevent non-communicable diseases and infections in the future was also discussed thoroughly by speakers from the Faculty of Medicine, Universitas Sumatera Utara. Prof. Dr. dr Dina Keumala Sari, M. Gizi, SpGK (K), said where eating patterns, proper diet, and adequate hydration can prevent non-communicable diseases, one of which is metabolic syndrome. Non-communicable diseases are diseases that do not undergo a process of being transferred from other people, but are the most common cause of death in society, such as obesity, hypertension or high blood pressure, heart disease, stroke, diabetes mellitus or diabetes, and other blood vessel disorders. Also participating in the team from the Universitas Sumatera Utara was Dr. rer. Medic., dr. M. Ichwan, M.Sc, SpKKLP, Subsp FOMC, Dr. dr. Yetty Machrina, M. Kes, AIFO-K, dr. Hilna Khairunnisa Shabayar, M. Gizi, SpGK,



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## Universitas Sumatera Utara

and dr. Princess Amelia Mahya. This event was attended by around 100 participants from local residents and the local government.

For this reason, it is important to emphasize the importance of healthy hydration to all Indonesian people in general and North Sumatra in particular, to always drink water so that diseases are not contagious and infections can be prevented. Let's make "Hydranation: National Healthy Hydration Movement" a success at all levels of society throughout Indonesia.



Online News (Waspada):

<https://www.waspada.id/kesehatan/konsumsi-air-cukup-jangka-waktu-panjang-cegah-penyakit-tidak-menular-dan-infeksi/>

Online News (Analisa):

<https://analisadaily.com/berita/baca/2023/11/06/1047309/iHWG-bersama-ui-gandeng-usu-sosialisasigerakan-nasional-hidrasi-sehat/>

Instagram

[https://www.instagram.com/p/CzSbrA\\_y2k8/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRIODBiNWFIZA==](https://www.instagram.com/p/CzSbrA_y2k8/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==)

[https://www.instagram.com/p/CzSckMCy53u/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRIODBiNWFIZA==](https://www.instagram.com/p/CzSckMCy53u/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==)

Website USU SPIRIT

<https://www.usu.ac.id/id/berita/iHWG-ui-usu-proyek-spirit-sosialisasi-hidrasi-sehat->



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# Project Update

## Universitas Sumatera Utara

### Piloting of the Wellness Module for Senior Care and Healthy Aging Begins Today

On November 7th, 2023, at the Faculty of Medicine, Universitas Sumatera Utara, piloting of the Wellness For Senior Care And Healthy Aging module began. This module is part of the fourth pilot module and course of the Erasmus funding SPIRIT Project. The end of this year concludes four courses that have been running on various topics using offline methods.

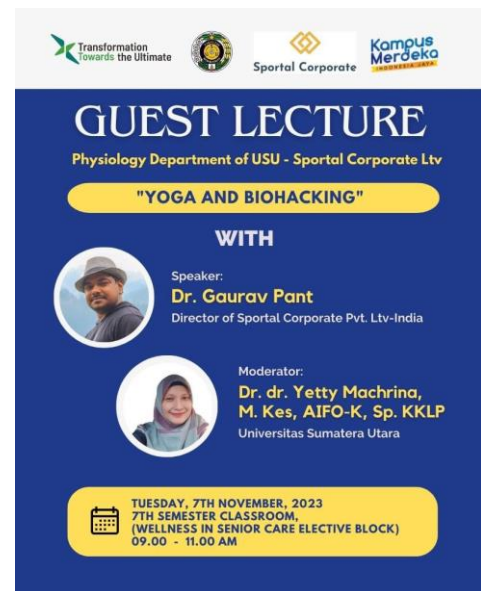
We all know that health problems in the elderly include hearing loss, cataracts, refractive errors, back and neck pain as well as osteoarthritis, chronic obstructive pulmonary disease, diabetes, dementia and depression. As we get older, we tend to experience several conditions at the same time.

Exercise is very necessary for the elderly, good exercise for the elderly is walking, light jogging, cycling according to individual abilities, yoga and light aerobics. Yoga provides an interesting role for the elderly and has optimal benefits, this was explained by Dr. Gaurav Pant, Managing Director of Sportal Corporate Ltv, India, at the Guest Lecture event in this block. He is a practitioner who brings enlightenment and new views to this block. This event was attended by 65 undergraduate students from the Medical Education Program, Faculty of Medicine, Universitas Sumatera Utara.

The topics presented were yoga and biohacking, with the focus topic being Yoga. We know that yoga is an ancient practice originating from India that focuses on physical postures (asana), breath control (pranayama), meditation, and philosophical teachings. The main goal of yoga is to achieve a balanced and harmonious state of body, mind and spirit. It has many health benefits, including flexibility, strength, balance, stress reduction and increased mental clarity.

There are various types of Yoga, such as Hatha, Vinyasa, Ashtanga, Kundalini, and some more modern creations. Each style emphasizes different aspects of practice, but all aim to bring harmony and alignment to the practitioner.

Biohacking refers to the application of scientific knowledge, self-experimentation, and lifestyle changes to improve one's physical and mental performance. It involves the use of technology, nutrition, supplements, and various lifestyle modifications to optimize health and well-being. The main goal of biohacking is to "hack" or improve the functioning of the body and mind. This results in better performance, increased longevity, and overall health.





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## Universitas Sumatera Utara

Biohacking techniques can include optimizing sleep, using nootropics (cognitive enhancers), tracking health metrics, using wearable devices, practicing intermittent fasting, and more. The basic principle of biohacking is to identify areas that need improvement and take proactive steps to fix them.

It is hoped that by implementing this block, there will be a deeper understanding of the comprehensive management of old age to bring higher quality to old age.



Website USU SPIRIT:

<https://www.usu.ac.id/id/berita/fk-piloting-modul-wellness-for-senior-care-and-healthy-aging>



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# Project Update

## Universitas Sumatera Utara

### The SPIRIT project participated in the Workshop and Symposium at the Sumatra Update on Nutrition Science (SUNS) 2023 in Padang, West Sumatra



The Erasmus Plus funding SPIRIT project, which has been running for three years, includes three European partners, namely Spain, Cyprus, and Portugal, together with Asian partners, namely India, Indonesia, and Sri Lanka, which always contributes to socializing exercise and healthy nutrition to prevent infectious diseases. in Asian countries.

This time, the Universitas Sumatera Utara (USU) SPIRIT Project provided a workshop at the Sumatra Update on Nutrition Science (SUNS) 2023 event at the Truntum Hotel, Padang, West Sumatra, Indonesia on 9-12 November 2023. The theme raised was "Local Food Source and Knowledge in Daily Practice to Enhance Health and Longevity". This symposium was attended by 202 participants consisting of 108 specialist doctors and 94 general practitioners who come from all over Indonesia. At this SUNS event, four workshops were also held, namely a cooking class workshop attended by 38 participants, a Sport Nutrition and Longevity Workshop attended by 41 participants, an Obesity Workshop attended by 38 participants, and Clinical Nutrition Therapy attended by 30 participants.

SPIRIT also contributed to the Sport Nutrition workshop by discussing the topic Basic Nutrition on Sport by Prof. Dr. dr. Dina Keumala Sari, M. Gizi, SpGK(K) from the Universitas Sumatera Utara, Medan. The next topic is The use of Supplements and Ergogenic in Sports by dr. Fitriyani



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## Universitas Sumatera Utara

Nasution, M, Gizi, SpGK from the Universitas Sumatera Utara, Medan, then presented the topic of The examination of Body Composition in Sport by Dr. Iflan Nauval, M. ScIH, SpGK (K), SpKKLP, AIFO-K from Universitas Syah Kuala, Banda Aceh. This workshop ended with an

interesting topic, namely Sport that can Enhance Longevity, delivered by Prof. Dr. Dr. Afriwardi, SpKO, MA. from Universitas Andalas, Padang.

For four days, all participants were given various topics about nutrition and exercise in preventing non-communicable diseases, as well as how nutritional management can increase fitness and longevity. The topic of exercise is an interesting topic to discuss and nutritional therapy, which is the main topic that comes from local food, provides discussion topics for participants who are interested in clinical nutrition. Furthermore, it is planned to implement SUNS in 2025 which will be implemented continuously.

News link:

<https://www.usu.ac.id/id/berita/proyek-spirit-ikuti-workshop-suns-2023-di-padang>

Instagram:

<https://www.instagram.com/p/Cz8OYiDSfkU/?igshid=MzRIODBiNWFIZA==>



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