

Indonesian Community Service Journal 7 (1) (2025):

Doi: <https://doi.org/10.36720/csji.v7i1.775>

## **DANGERS OF SWEET DRINKS AT RANGKAH KIDUL ELEMENTARY SCHOOL, SIDOARJO**

**Risti Puji Listari<sup>1\*</sup>, Agus Sulistyowati<sup>1</sup>, Dini Prasetyo Wijayanti<sup>1</sup>, Dina Istana S<sup>1</sup>,  
Prianessa Hadi Lara<sup>1</sup>**

<sup>1</sup>Kerta Cendekia Health Polytechnic, Sidoarjo

**\*Correspondence:**

**Risti Puji Listari**

Kerta Cendekia Health Polytechnic

Lingkar Timur, Rangkah Kidul, Sidoarjo, East Java 61234 Indonesia

Email: [risti.puji05@gmail.com](mailto:risti.puji05@gmail.com)

**Received:** June, 25<sup>th</sup>, 2025; **Revised:** -; **Accepted:** June, 29<sup>th</sup>, 2025

### **ABSTRACT**

Consumption drink sweet in a way excessive in children age school base be one of factor risk increasing case obesity, type 2 diabetes, and disturbance health teeth and metabolism. This implemented at SDN Rangkah, Sidoarjo, with objective to increase knowledge and awareness student about danger drink sweet for health. Method implementation covering counselling interactive, visual demonstrations, and distribution of educational leaflets to student grade 4–6. Evaluation done through a simple pre-test and post-test to measure understanding student before and after activities. Results of activities show improvement significant to understanding student to impact negative consumption drink sweet, and emergence commitment from party school to limit sale drink sweet in the environment school. Activities This expected become step beginning in to form pattern consumption Healthy since age early and encouraging parental involvement as well as school in guard health child.

**Keywords:** Drinks Sweet, Health Children, Education Nutrition

© 2025 The Authors. Community Service Journal of Indonesia Published by Institute for Research and Community Service, Health Polytechnic of Kerta Cendekia, Sidoarjo

This is an Open Access Article distributed under the terms of the [Creative Commons Attribution-NonCommercial 4.0 \(CC BY-NC 4.0\)](https://creativecommons.org/licenses/by-nc/4.0/), which allows others to remix, tweak, and build upon the work non-commercially as long as the original work is properly cited. The new creations are not necessarily licensed under the identical terms.

**E-ISSN**

2684-7884

**P-ISSN**

[2774-4027](https://doi.org/10.36720/csji.v7i1.775)

### **INTRODUCTION**

Regarding the reasons underlying the community service activities carried out by the author, as far as possible supporting

data should also be included to strengthen the author's reasons.

## OBJECTIVE

### *General purpose*

Increasing the knowledge and awareness of students at SDN Rangkah Kidul Sidoarjo regarding the negative impacts of excessive consumption of sweet drinks, and encouraging the formation of healthy living behavior from an early age through proper nutritional education.

### *Special purpose*

1. Give education to student about sugar content in drink packaging and traditional which is often consumed.
2. Explain impact term short and long term long from consumption drink sweet to health children, such as obesity, type 2 diabetes, and damage tooth.
3. Embedding habit choose drink healthy, such as water and fruit juice without added sugar.
4. Inviting teachers and other parties' school to play a role active in control snacks and drinks sold in the neighbourhood school.
5. Push parental involvement in supervise pattern consumption drink children at home.

## ACTION PLAN

### *Strategic Plan*

Gathering 4th and 5th grade students to be given counseling in the same place.

### *Arrangement*

Activity implemented at SDN Rangkah South Sidoarjo.

### *Target*

Amount who follows activities of 60 people.

## *Implementation*

Stages Activity	Execution time	Activity
Preparation	H-7 to H-1	Survey beginning, creation material education, coordination with school
Education	D-Day	Counselling danger drink sweet, visual demo, leaflet distribution, pre-test & post-test
Evaluation	H+1 H+3	Analysis test result, to documentation, discussion act carries on
Action Carry on	1–2 weeks after	Installation of educational posters in schools, monitoring change habit student

## RESULTS AND DISCUSSION

### **Activity Results**

Community service activities aimed at increasing students' knowledge about the dangers of consuming sweet drinks were carried out on [activity date] at SDN Rangkah Kidul, Sidoarjo. This activity was attended by students from grades 4 to 6, with a total of [number of students] participants.

The results of the activities can be detailed as follows:

### **Student Knowledge Enhancement**

Based on the results of the pre-test and post-test, there was an increase in students' understanding of the dangers of sweet drinks. The average pre-test score of students was [score], while the average post-test score increased to [score]. This shows that the interactive and visual counseling methods are quite effective in conveying information.

### **Positive Student Response**

Most of the students seemed enthusiastic in participating in the activities. They were active in the Q&A session, played educational quizzes, and showed interest in the visual demonstration of sugar content in packaged drinks.

### **Teacher and School Involvement**

Teachers welcomed the activity and expressed their willingness to follow up on the material by including the topic of the dangers of sugar in thematic lessons. The school also expressed its commitment to evaluate snacks sold in the school canteen.

### **Distribution of Educational Media**

Leaflets and posters about the dangers of sugary drinks were distributed to students and installed at several strategic points in the school such as classrooms, the health unit, and near the canteen.

### **Discussion**

The results of this activity confirm that elementary school children are vulnerable to the influence of consuming sweet foods and drinks due to their lack of understanding of the health risks they pose. This finding is in line with various studies that state that consumption of sweetened drinks is correlated with increased prevalence of obesity, metabolic disorders, and dental health problems in children.

The increase in post-test scores indicates that the education provided is effective in increasing students' insight. The visual approach (sugar measurement demonstration) really helps students understand concretely the hidden dangers in drinks they consider safe.

The involvement of the school is an important point in the sustainability of the

impact of this activity. With the support of teachers and principals, educational messages will be more easily internalized by students and become part of everyday habits.

However, changing consumption behavior cannot be done through just one education. It requires a sustainable approach that involves families and the surrounding environment, including monitoring snacks available at school or brought from home.

### **CONCLUSION**

Community service activities with the theme "*The Dangers of Sweet Drinks at SDN Rangkah Kidul Sidoarjo*" have succeeded in increasing students' knowledge and awareness of the negative impacts of consuming sweet drinks. Based on the results of the pre-test and post-test, there was a significant increase in students' understanding of the health risks posed by sweet drinks. In addition, students' active participation in the question-and-answer session and educational quizzes showed their enthusiasm for the material presented. The involvement of the school, especially teachers and principals, greatly supports the success of this activity. Their commitment to include the topic of the dangers of sugar in thematic lessons and considering limiting the sale of sweet drinks in the school canteen is a positive step towards changing student consumption behavior. However, changes in consumption behavior cannot be achieved through just one education. A sustainable approach involving families, schools, and the surrounding community is needed to create a healthy lifestyle in children.

## REFERENCE

Scharf, R. J., & DeBoer, M. D. (2016). *Sugar-sweetened beverages and children's health. Annual Review of Public Health, 37*, 273–293. [annualreviews.org](http://annualreviews.org)

Bleich, S. N., & Vercammen, K. A. (2018). The associations between sugar-sweetened beverage consumption and children's health: An updated review of the literature. *Healthy Eating Research Issue Brief*, (1103). [healthyeatingresearch.org](http://healthyeatingresearch.org)

Malik, V. S., Schulze, M. B., & Hu, F. B. (2013). *Dietary sugars and weight gain: systematic review and meta-analysis. American Journal of Clinical Nutrition. who.int+1en.wikipedia.org+1*

Farhangi, M. A., Nikniaz, L., & Khodarahmi, M. (2020). Sugar-sweetened beverages increase the risk of hypertension among children and adolescents: A dose–response meta-analysis. *Journal of Translational Medicine*, 18, 702. [cdc.gov+8translational-medicine.biomedcentral.com+8en.wikipedia.org+8](http://cdc.gov+8translational-medicine.biomedcentral.com+8en.wikipedia.org+8)

Scharf, Rebecca J., and Mark D. DeBoer. “Sugar-sweetened Beverages and Children's Health.” *Annual Review of Public Health*, vol. 37, 2016, pp. 273–293.

Bleich, Sara N., and Kelly A. Vercammen. *The Associations Between Sugar-Sweetened Beverage Consumption and Children's Health: An Updated Review of the Literature*. Healthy Eating Research Issue Brief, no. 1103, Feb. 2018.

Malik, Vasanti S., et al. “Dietary Sugars and Weight Gain: Systematic Review and Meta-analysis.” *American Journal of Clinical Nutrition*, 2013.

Farhangi, M. A., et al. “Sugar-Sweetened Beverages Increase the Risk of Hypertension Among Children and

Adolescents.” *Journal of Translational Medicine*, vol. 18, 2020.