

Health Education : Stunting Prevention in Nagari Api-Api, West Sumatra

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Abstrak: Nagari Api-Api Pasar Baru, Bayang, Pesisir Selatan, West Sumatra is one of the areas that still faces major challenges related to stunting. Stunting is characterized by impaired growth and development in children, caused by insufficient nutrition, frequent infections, and a lack of psychosocial stimulation. Globally, 149.2 million children under the age of five (22.0 percent) are affected by this condition. Based on the results of a national survey of stunting sufferers in Pesisir Selatan for the 2023 period, there were 2,314 cases, 29.8 percent of the total number of children in the area, or an increase of 4.6 percent compared to 2022 which was 25.2 percent. Of that number, only 470 cases were children from underprivileged families and the rest were from children from well-off families. In terms of age, 795 cases were children aged 0-24 months and 1,519 cases were aged 24-59 months. Preparation of Extension Materials and Media Preparation of Extension Preparation of extension materials that include information about stunting, characteristics, causes, impacts, and prevention methods. Schmidt stated that stunting is a condition of malnutrition that occurs over a long period of time, resulting in impaired height growth in children. This makes them shorter compared to the standard height for their age (Aryastami, 2017). The results of the counseling activity were that participants understood and understood the causes and how to prevent stunting in children.

Keywords : , Children, Stunting, Health Education

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INTRODUCTION

Stunting occurs when children experience failure in growth and development due to prolonged malnutrition, infectious diseases, and inadequate psychosocial stimulation (WHO, 2020). Globally, 149.2 million (22.0 percent) children under the age of five suffer from stunting (SDG Indicators in 2020). Indonesia is included in the second country with the highest prevalence of stunting in toddlers in the Southeast Asia/South-Eastern Asia Regional (SEAR) region, namely 31.8% in 2020 (FAO, IFAD, UNICEF, 2021). In Indonesia, the prevalence of stunting is currently at 24.4%, where the prevalence of stunting in 2024 is targeted to decrease to 14% (SSGI, 2021). The prevalence of stunting in West Sumatra in 2019 was 27.5% and decreased in 2021 to 23.3%, although the prevalence of stunting has decreased, it has not yet reached the WHO target of less than 20% (SSGI, 2021).



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In addition to malnutrition, infectious diseases also play a big role in stunting. Infections such as diarrhea, pneumonia, or malaria can affect the body's ability to absorb nutrients from the food consumed. These diseases also increase the child's energy and nutritional needs as the body fights infections. If these infections are not treated properly, the impact can become more serious, worsening existing stunting conditions. Another factor that is no less important is inadequate psychosocial stimulation. Children need positive and educational interaction from parents or caregivers for their cognitive and emotional development. Lack of stimulation in the form of attention, interaction, or education can affect a child's brain development and their ability to learn and adapt. Good psychosocial stimulation helps children develop social and cognitive skills that are essential for overall growth. To effectively deal with stunting, a comprehensive approach is needed. This includes improvements in nutritional intake by providing appropriate nutritious foods, appropriate treatment for infectious diseases, as well as increased psychosocial stimulation through educational interactions and emotional support. This integrated intervention aims to ensure that children get everything they need to grow and develop optimally, so that they can reach their full potential in the future.

Stunting is a complex health problem that affects not only a child's height, but also their overall development. Prolonged malnutrition, as the leading cause of stunting, involves more than just a lack of food intake. It also has to do with the quality of the food consumed. Foods that are unbalanced or low in essential nutrients, such as vitamin A, iron, and zinc, can significantly inhibit a child's growth. In addition, poor socio-economic conditions, such as poverty, limited access to nutritious food, and poor parental education regarding nutrition, can exacerbate the problem of malnutrition. Infectious diseases, especially in the context of poor hygiene and sanitation, also play a big role in stunting. Recurrent infections and untreated health conditions can lead to malabsorption of nutrients and increase the risk of more serious complications. For example, chronic diarrhea can result in the loss of important fluids and nutrients, while pneumonia can reduce appetite and interfere with diet. Therefore, improving environmental sanitation and access to adequate health care are essential in reducing the impact of infectious diseases on stunting. Inadequate psychosocial stimulation is often related to family and community aspects. Children who do not get positive interactions, such as playing, speaking, and reading with adults, may experience delays in language development and social skills. This quality of interaction is crucial in building the foundation for good cognitive and emotional skills. Education and training programs for parents and family support services can help address these deficiencies and provide the necessary stimulation.

In addition to direct intervention, it is important to consider a systemic approach involving various sectors. Government policies that support improvements in nutrition, sanitation, and health care, as well as community programs that provide social support and education, all play a key role in tackling stunting. Collaborative efforts from various parties—including governments, health institutions, non-governmental organizations, and communities—can create an environment that supports optimal growth and development of children. By adopting a holistic approach and focusing on all aspects of the causes of stunting, we can work towards more effective solutions to ensure that every child has the opportunity to grow up healthy and develop to their full potential.

The Ministry of Health reported that the stunting rate in Indonesia for 2023 was 21.5 percent, representing a small decline of 0.1 percent from the 21.6 percent observed in the previous

year. The prevalence of stunting according to the high age group category is in toddlers with an age group of 6-11 months as much as 21.4%, and the age of 12-24 months was recorded as the highest at 37.3%, and the age of 24-35 months as much as 35.3% (Riskesdas, 2018). According to the finding of a national survey of stunting sufferers in Pesisir Selatan for the 2023 period, there were 2,314 cases, 29.8 percent of the total number of children in the area, or an increase of 4.6 percent compared to 2022 which was 25.2 percent. Of that number, only 470 cases were children from underprivileged families and the rest were from children from well-off families. In terms of age, 795 cases were children aged 0-24 months and 1,519 cases were aged 24-59 months. Nagari Api-Api Pasar Baru, Bayang, Pesisir Selatan, West Sumatra is one of the areas that still faces major challenges related to stunting. Factors causing stunting in this area include lack of public knowledge about healthy and nutritious eating patterns, limited access to health services, and less supportive socio-economic conditions.

METODOLOGI

This activity begins with the preparation stage, coordination with the Village Government and Local Health Center, holding an initial meeting with the village government, head of the health center, and community leaders to discuss the activity plan, making an agreement on the schedule and place for implementing the counseling, involving Posyandu cadres and village midwives in the planning and implementation of activities. Preparation of Extension Materials and Media Preparation of extension materials that include information about stunting, characteristics, causes, impacts, and prevention methods. Prepare extension media such as PPT, posters, to support the delivery of materials. Print leaflets and guidebooks that will be distributed to extension participants.

The method used is direct counseling to the community. Counseling activities are carried out face-to-face at village halls or other strategic places to provide direct information about stunting prevention. In addition to direct counseling, electronic media is also utilized in stunting prevention. Dissemination of information through electronic media such as educational videos played in public places and distributed through social media. Distribution of brochures during counseling serves to help participants better understand the counseling material. Brochures distributed to the community contain important information about stunting prevention, balanced nutrition, and good parenting. Activities to educate about a balanced diet are also provided during counseling. Providing training and cooking demonstrations to the community regarding the preparation of a balanced food menu that can prevent stunting in children.

RESULTS AND DISCUSSION

This counseling activity was held on Tuesday, July 30, 2024 at 08.00-12.00 WIB at the Api-Api Pasar Baru Village Head Office, Api-Api Village, Bayang, Pesisir Selatan, West Sumatra, with 30 participants. The results of the counseling activity were that participants understood and understood the causes and how to prevent stunting in children.



Source: Data Processing

Stunting is a chronic malnutrition condition caused by a prolonged lack of nutritional intake. This leads to future issues, such as difficulties in achieving optimal physical and cognitive development. Children with stunting typically have lower IQs compared to the average IQ of normal children (Ministry of Health of the Republic of Indonesia, 2018). Stunting is a growth disorder experienced by children under the age of five who suffer from malnutrition from pregnancy through birth. This condition typically begins to manifest when the child is two years old (National Team for the Acceleration of Poverty Reduction, 2017). Schmidt states that stunting is a condition of long-term malnutrition that causes children to experience impaired height growth, making them shorter or lower in height compared to the standard for their age (Aryastami, 2017).



Source: Data Processing



Source: Data Processing

According to the Indonesian Ministry of Health, toddlers can be known to be stunted if their length or height has been measured, then compared to the standard, and the measurement results are in the range below normal. Whether a child is stunted or not depends on the results of the measurement. So it cannot be just estimated or guessed without measurement (Anwar, S, 2022). In addition to a body that is short for children of the same age, there are also other characteristics, namely: Slow growth, Delayed growth occurs when a child does not develop at the expected rate for their age. Growth retardation can also be diagnosed in children who have normal height but exhibit slow growth and whose appearance seems younger than children of the same age, late tooth growth, babies who are late in teething can also be caused by physical disorders of the gums or jaw bones that do not allow teeth to appear, poor performance in the ability to focus and learn memory, concentration disorders especially in children can have a negative effect, concentration disorders can interfere with children's performance at school (Hamzah, B 2020). They can also have difficulty doing daily activities. Children also have difficulty capturing information in detail. Not infrequently, concentration disorders also affect the way they communicate. (Hasanah, R 2023).

The nutrition received by the mother before and during pregnancy plays an indirect role in affecting fetal growth and development. Maternal malnutrition can lead to IUGR (intrauterine growth retardation) in the fetus, resulting in a baby born with malnutrition and potential growth and developmental issues (Parinduri, SK 2021). Impaired growth in children is caused by insufficient nutritional intake, recurrent infections, increased metabolic needs, and reduced appetite, leading to higher levels of malnutrition among children (Ministry of Health, RI 2021). Stunting can lead to various impacts such as increased susceptibility to illness, reduced cognitive abilities, a higher risk of diet-related diseases in later life, imbalanced body functions leading to economic losses, and less than ideal body posture in adulthood. (Village Stunting Pocket Book,

2017). The negative impacts that can be caused by stunting can be divided into 2 categories, namely short-term and long-term. In the short term, stunting can lead to impairments in brain development, intelligence, physical growth, and body metabolism (Marina Ery). In the long term, the negative effects include decreased cognitive abilities and learning outcomes, reduced immune function increasing susceptibility to illness, as well as a higher risk of diabetes, obesity, cardiovascular diseases, cancer, stroke, and disability in old age (Yanti, N 2020).

We have made various efforts to prevent and address nutritional problems in the community. Stunting in toddlers can be addressed starting from pregnancy by ensuring that pregnant women receive adequate nutritional intake and undergo regular health check-ups. In addition, every newborn baby only gets breast milk until the age of 6 months (exclusive) and after the age of 6 months is given complementary foods (MPASI) in sufficient quantity and quality (Zulfikar Lating, 2023). Postpartum mothers, in addition to getting sufficient nutritious food, are also given nutritional supplements in the form of vitamin A capsules (Sumarni, S 2019)

CONCLUSIONS

This stunting prevention counseling activity is expected to provide a positive contribution in increasing public awareness and knowledge about the importance of nutrition and children's health. With cooperation and support from various parties, it is hoped that the prevalence of stunting in Nagari Api-Api can be reduced, so that it can create a healthier and smarter generation in the future. In order to create a healthy and intelligent generation in Nagari Api-Api, we propose stunting prevention counseling. We invite active participation from the village government, posyandu cadres, and the community for the success of this activity. It is hoped that follow-up in the form of ongoing assistance and routine evaluation will be carried out to ensure the effectiveness of the program. Provision of adequate resources and strengthening of nutrition education through various media are also very important. Cooperation with related agencies is expected to provide additional support. Let's together realize a better future through a stunting-free generation.

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