



Community Empowerment with Stunting Filters to Create Healthy Families

Erlina Suci Astuti¹, Fitriana Kurniasari Solikhah^{1*}, Naya Ernawati, Taufan Arif, Maria Diah C.T, Rudi Hamarno, Joko Wiyono, Imam Subekti

¹ Poltekkes Kemenkes Malang , Jalan Besar Ijen No.77C, Malang

E-mail: Erlina_suci@poltekkes-malang.ac.id

ABSTRACT

Stunting is a condition where a child experiences growth disorders, so that the child's height does not correspond to his age, as a result of chronic nutritional problems, namely lack of nutritional intake for a long time (Ministry of Health, 2020). The results of the 2018 Regional Health Research (Riskesdas 2018) show that toddlers in Indonesia aged 0-23 months still experience shortness of breath or very shortness of breath. The proportion of very short toddlers was 15.21 and 16.72% of toddlers were in the short category. However, based on the results of the 2021 Indonesian Nutrition Status Survey (SSGI), there has been a decrease in the prevalence of stunting by 3.3%, namely from 27.7% (2019) to 24.4% (2021). This shows that there is a bright spot in the implementation of intervention programs in accelerating the reduction of stunting rates which cannot be separated from the cooperation of every existing element. The difference in the average knowledge of pre- and post-education cadres providing education to improve care for low birth weight babies was obtained by a mean pre-education value of 2.60 and a mean post-education value of 1.40. The standard deviation value for pre-training is 0.308 and post-training is 0.40. The Wilcoxon z value is -4.102. The statistical test results of the Wilcoxon signed rank test obtained a value of $p = 0.000$ ($p < 0.05$). Thus, it can be concluded that there is a significant difference between before and after training in cadres' knowledge about early detection of stunting in toddlers. The community service program to assist families at risk of stunting is a new breakthrough in determining effective and integrated, community-based strategies to reduce the risk of stunting.

KEYWORDS : children, stunting, nutritional problem

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INTRODUCTION

Currently, Indonesia is facing the biggest health problems, namely children's health problems, especially stunting and non-communicable diseases (NCDs) such as hypertension, diabetes mellitus, heart disease, cancer. Indonesia's 2020-2024 National Medium Term Development Plan (National RPJM) has set program priorities including improving maternal and child health, accelerating improvements in community nutrition, improving disease control, cultivating healthy living community movements (germas), as well as strengthening the health system and drug and food control. This program is supported by health transformation by prioritizing major health problems and accelerating efforts to handle them. One of the health indicators that is assessed for success in achieving the SDGs and health transformation is the nutritional status of children under five and non-communicable diseases and community empowerment. The nutritional status of toddlers can be measured based on age, body weight (BB), height (TB). These three variables are presented in the form of three anthropometric indicators, namely weight according to age (WW/U), height according to age (TB/U) and weight according to height (WW/TB). Since 2020, accelerating the reduction of stunting rates has become a priority program in the National RPJM. The Indonesian Government's target for 2024 states that the target for reducing prevalence must reach 14%. The Ministry of Health in its program action plan also supports the acceleration of stunting reduction. Apart from that, there are non-communicable diseases which are a health threat, such as hypertension, cancer, kidney failure, heart disease and diabetes mellitus. Stunting is a condition where a child experiences growth disorders, so that the child's height does not correspond to his age, as a result of chronic nutritional problems, namely lack of nutritional intake for a long time (Ministry of Health, 2020). The results of the 2018 Regional Health Research (Risksedas 2018) show that toddlers in Indonesia aged 0-23 months still experience shortness of breath or very shortness of breath. The proportion of very short toddlers was 15.21 and 16.72% of toddlers were in the short category. However, based on the results of the 2021 Indonesian Nutrition Status Survey (SSGI), there has been a decrease in the prevalence of stunting by 3.3%, namely from 27.7% (2019) to 24.4% (2021). This shows that there is a bright spot in the implementation of intervention programs in accelerating the reduction of stunting rates which cannot be separated from the cooperation of every existing element. Handling stunting or child growth and development problems in Malang City is starting to show significant progress. Last year, the percentage was still 9.9 percent. This year it has fallen to 9.5 percent. In total, there are still 3,601 toddlers who are stunted. "This is real because it is based on a recapitulation of body weights," explained Malang Mayor Sutiaji, yesterday (5/9) at the Stunting Conference at Ijen Suites Resort & Convention Malang. Previously, in the Malang City regional medium-term development plan (RPJMD) for 2018 to 2023, the Malang city government targeted the stunting rate to fall below 14 percent). The instruments used to determine the stunting rate are body weight, the number of couples of childbearing age (PUS) or couples who marry at an early age also have an influence. In total, throughout 2022 there have been 37,723 toddlers examined by health workers, there are still 3,601 toddlers who are stunted.

MATERIALS AND METHODS

This activity was carried out in Mulyorejo Village, the working area of the Mulyorejo Community Health Center. The activity began with socialization of stunting management programs and detection of non-communicable diseases and education and assistance to stunting families. The educational material delivered to mothers of toddlers is Motivation for families to care for stunted children and





nutrition for stunted children, Providing additional nutrition in the form of basic necessities and additional protein for stunted children. while for cadres it is monitoring the growth of toddlers and refreshing cadres' skills in measuring anthropometry in toddlers. The activity continues with home visits to monitor growth and development carried out by the service team

RESULTS AND DISCUSSION

No.	Knowledge	Mean	SD	Z Wilcoxon	P value
1	Pre Education	2.60	0.308	-4.102	0.000
2	Post Education	1.40	0.40		

The results of the assessment of posyandu cadres showed that there were 13 toddlers aged 6 to 36 months who were at risk of stunting. In the third and fourth weeks of October, namely from 15 to 31 September 2023, the phase 1 family assistance community service team carried out re-screening of toddlers reported by cadres and provided additional education regarding providing good MPASI in preventing the risk of stunting. The education provided includes understanding stunting for toddlers, improving parenting patterns, especially in feeding toddlers. One of the factors that can cause stunting is the mother's mistakes in providing child nutrition. A total of 3 toddlers require special assistance in preparing MP-ASI because these toddlers are malnourished and/or short or very short. Then as many as 8 toddlers need development assistance. Furthermore, it is recommended that 2 toddlers remain active in participating in posyandu activities.

During the second phase of the visit, monitoring and evaluation activities were carried out on the development of toddlers by measuring the height and weight of toddlers which was carried out in the fourth week of October 2023. Apart from that, cadres also monitored the growth and development of toddlers who at the time of the re-screening did not experience growth and development disorders.

Based on the results of stage 1 family assistance, it was found that the majority of toddlers had low nutritional status, after stage 2 assistance it was found that the majority of toddlers had good nutritional status. In mentoring activities, apart from measuring the growth of toddlers (height and weight), education is also provided regarding the importance of nutritional intake, parenting patterns, regularly taking children to the posyandu, and providing appropriate MPASI. One of the factors that can cause stunting is the mother's mistake in providing child nutrition. Mothers as primary care have direct involvement in children's nutritional status (Widayani et al., 2017).

Prevent Stunting by Improving Parenting Patterns

Mother's behavior plays a very important role in raising children where children really need parental attention and support in facing growth and development. To get good nutrition, parents need good knowledge so they can provide a balanced menu of choices. Parental behavior in caring for toddlers is one of the problems that can influence the occurrence of stunting in toddlers, where parental behavior in terms of inadequate or poor parenting has a greater chance of children being stunted than parents with good parenting patterns.



CONCLUSIONS

The community service program to assist families at risk of stunting is a new breakthrough in determining effective and integrated, community-based strategies to reduce the risk of stunting. Activities run well and smoothly. The support of the Village Head and staff, the Head of the Community Health Center and staff, Posyandu cadres and local mothers of toddlers made this community service program able to be carried out well.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

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