

# Prevention Stunting Through Supplementary Feeding and Community Education in Temulus Village

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**Abstract:** Stunting is a condition where a person has a different condition, this condition occurs due to unmet nutrition in a person. Stunting is experienced by pregnant women, nursing mothers and children aged 0-2 years. Stunting experiences delays and a decrease in body functions that are dangerous for a person, following from this, researchers conducted activities for families who had someone indicated to be affected by stunting with stunting socialization education which was carried out door to door. These activities have the result that many people are unfamiliar with stunting and lack of early preparation in preventing stunting, it is hoped that the activities carried out by researchers can reduce stunting conditions in the Temulus Village community.

**Keywords:** Stunting, Socialization, Children

## 1. Introduction

Nutritional problems in children under five are still a major problem in the population order. Nutritional problems in toddlers include stunting, wasting and overweight (Vitolo et al., 2008). Stunting is still a major nutritional problem in developing countries such as Indonesia. Stunting or chronic malnutrition is a nutritional problem due to lack of nutritional intake from food that lasts long enough (Andriani et al., 2017). Stunted toddlers are seen from a lack of length or height starting from grade 2 SD according to the WHO global reference for children compared to other children their age (De Onis et al., 1997).

The causes of stunting are poor parenting, lack of antenatal care services to mothers, household access barriers to nutritious food, access barriers to clean water and sanitation, and infectious diseases suffered by children (Torlesse et al., 2016). In addition, there are still causes from social, economic, cultural, and political factors. Stunting is irreversible, so significant efforts can be made to prevent malnutrition by preventing stunting (Ali, 2021).

The incidence of stunting will have an unfavorable impact on toddlers. The short-term impact of stunting is in the form of impaired physical and mental development, decreased intelligence, and metabolic problems. Meanwhile, the long-term impact of stunting is in the form of decreased cognitive abilities, and decreased endurance so that the body is susceptible to disease and is at risk of degenerative diseases such as diabetes, cardiovascular disease, cancer, stroke, and inability to compete in work which will result in low productivity (Morewitz, 2006).

Stunting in toddlers is influenced by several factors, namely age, body length at birth, adequacy of macronutrients (protein, carbohydrates), and micronutrients (calcium, vitamin A, iron and zinc). The main factor causing this is the level of protein adequacy (Sirajuddin et al., 2020). Research conducted by Hall et al. (2019) stated that the factors that influence the incidence of stunting or shortness are maternal knowledge, exclusive breastfeeding and basic sanitation.

To reduce the prevalence of stunting, the government has issued many programs to make it happen. The efforts made by the government are to prevent and reduce direct interference (specific nutrition interventions) to indirect interference (sensitive nutrition interventions).

The priority targets of this effort are people involved in the First 1000 Days of Life (HPK), namely pregnant women, nursing mothers and children aged 0-2 years (Admasari, 2022). The important targets are children aged 24-59 months, adolescents and women of childbearing age (Satriawan, 2018). In making policies, the government cannot reflect on just one research result. However, data from several studies are needed as a background for policy making. Therefore, it is very necessary to conduct a study that can present facts comprehensively about the stunting prevention program in Indonesia, so that this study is useful for the government in making policies regarding a more appropriate and efficient stunting prevention program. This study aims to determine whether the implementation of healthy feeding programs and socialization on accelerated stunting reduction can increase parents' understanding and self-awareness of the factors that influence stunting.

## 2. Methods

The methods used to prevent stunting in Temulus Village, Mejobo Sub-district, Kudus District are as follows:

### 1. Providing Supplementary Food

The supplementary feeding program was carried out in Temulus Village for 3 months starting from August 2023. The targets of the program are toddlers and pregnant women who have poor nutrition. This supplementary feeding program is carried out every day with different foods every day according to the recommendations of the Health Office.

### 2. Socialization of Stunting Prevention

The second program that we carry out as an effort to prevent stunting is the socialization of stunting prevention to children and parents of children affected by stunting. The targets of this program are parents who have children under five and pregnant women who have indications of stunting. In this socialization, researchers provide briefings on stunting, starting from an explanation of stunting, the causes of stunting, symptoms of stunting, the adverse effects caused if you experience stunting and efforts to prevent stunting.

## 3. Results

Based on research from "Efforts to Prevent Stunting Through Supplementary Feeding and Education on Prevention of Stunting in Children in Temulus Village, Mejobo District, Kudus Regency" the results were obtained:

### 1. Analysis of concern for providing nutritious food

The government's concern about the importance of nutritious food for children and pregnant women can be seen from the posyandu program every month where every baby, toddler and child will be given immunizations to prevent disease. In addition to immunizations at posyandu, toddlers will also receive additional food in the form of biscuits every month, while for children posyandu cadres provide additional nutritious food with the content needed by children. During the stunting week in August, Temulus Village has a supplementary feeding program that is carried out for 3 months. For 3 full months, children and pregnant women who fall into the malnutrition category will be given additional food that aims to fulfill good nutrition to prevent stunting (Fig. 1.).



**Fig. 1 - Provision of additional food by the KKN team.**

2. Stunting prevention socialization conducted by Team - 19 KKN Temulus Village, Mejobo District, Kudus Regency  
As an effort to prevent stunting in Temulus Village by considering the lack of parental concern and the dangers of stunting for children, we held activities as an effort to prevent stunting, namely socialization of stunting prevention for children. This activity was carried out on September 7, 2023. This socialization activity was carried out door to door. Researchers conducted socialization with the target of pregnant women and parents who have children with poor nutrition. This activity was carried out in conjunction with supplementary feeding. In addition to providing briefings on the dangers of stunting, researchers also provide briefings on the importance of nutritious feeding and healthy living (Fig. 2.).



Fig. 2 - Stunting socialization from the KKN team.

#### 4. Conclusion

Effective stunting prevention can be done by providing nutrition education to influential parties (mothers of toddlers, pregnant women and prospective mothers), forming study groups for mothers of toddlers, and providing additional food for toddlers. In addition, providing additional food to toddlers with basic ingredients that are easily found by the community, such as vegetables and fruits, can be an effort in preventing stunting in Indonesia. Programs or interventions carried out to prevent stunting must pay close attention to both input and process aspects to get optimal outputs and must involve all parties ranging from mothers of toddlers to cross-sectoral. It can be concluded that awareness of stunting in Temulus Village, Mejobo District, Kudus Regency is still very minimal. Because there are still many children and pregnant women whose nutrition is not fulfilled. This is since parents' awareness of the importance of fulfilling nutrition is very influential for the growth and development of children in the future.

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#### Conflict of Interest

The authors declare no conflicts of interest.

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