

# Prevention of Stunting in Toddlers and Pregnant Women by Providing Supplementary Food in Sadang Village, Jekulo

Eli Zulia Sari<sup>1\*</sup>, Afri Islami Putri<sup>1</sup>, Nurul Verry Verdina<sup>1</sup>, Lidya Christina Wardhani<sup>1</sup>

<sup>1</sup>Universitas Muria Kudus, Indonesia

\*Corresponding author: [elizuliasa31@gmail.com](mailto:elizuliasa31@gmail.com)

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**Abstract:** Stunting is a nutritional health problem that is still a nutrition health problem that is still widely found in various regions. Stunting can threaten the quality of future human resources in the long term. One of the areas that still has stunted toddlers is in Sadang Village, Jekulo District. One of the steps taken by the government in dealing with stunting is optimizing the role of posyandu and local cadres to conduct socialization and provide additional food (PMT) to toddlers and pregnant women. The method used in this research is community service in Sadang Village with the research subjects being stunted toddlers and pregnant women. The purpose of this research is so that the community, especially mothers who have toddlers and pregnant women, can prevent and overcome stunting. The results obtained are that the community is more aware of the importance of healthy and nutritious food for children's future health.

**Keywords:** Stunting, toddlers, pregnant women, supplementary feeding

## 1. Introduction

Indonesia has a triple burden nutrition problem, namely undernutrition, overnutrition and micronutrient deficiencies. One of the nutritional problems in Indonesia that is the main concern of the Ministry of Health and is immediately addressed is stunting (Safitri, 2019). Stunting is a condition of growth failure that occurs in children under five due to chronic malnutrition so that children are too short for their age (Leroy & Frongillo, 2019).

Children who experience stunting will usually experience problems in the development of their cognitive and motor systems which will affect their future productivity. Stunting will have an impact on the process of brain development which in the short term will affect cognitive and metabolic abilities (Soliman et al., 2021). As for the long term, it will reduce the opportunity to obtain better education and employment opportunities with better income as well. Stunted toddlers who manage to survive, in their adult age will be more prone to degenerative diseases such as cancer, diabetes, heart disease and hypertension (Awuchi et al., 2020).

Kudus is one of the districts included in the stunting locus. The stunting locus in Kudus Regency is located in 23 villages in 9 sub-districts. Based on data from the Central Java Indonesian Nutrition Status Survey (SSGI), stunting cases in Kudus District have increased from 17.6% in 2021 to 19% in 2022. Seeing this situation, the Kudus District government created the Stunting Reduction Acceleration Team (TPPS). The team created a stunting convergence with eight actions. The eight actions are conducting a situation analysis, planning stunting reduction intervention activities, stunting meetings that will be held annually, providing legal certainty for villages to carry out their role, fostering Human Development Cadres (KPM) in the village, improving the stunting data management system, measuring child growth and development and publishing stunting in the media. The last action is to review the performance of the implementation of the stunting reduction activity program (Sari et al., 2023).

In tackling this stunting problem, the government continues to strive for various programs including supplementary feeding (PMT) to improve the nutritional status of children. Based on this description, researchers conducted community service through a community empowerment approach in an effort to accelerate stunting reduction by providing nutrition education and providing additional food to pregnant women and mothers who have toddlers so that it is hoped that this

\*Corresponding author: [elizuliasa31@gmail.com](mailto:elizuliasa31@gmail.com)

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community service program can prevent and overcome stunting in toddlers in Sadang Village, Jekulo District, Kudus Regency.

## 2. Method

In this study using the method of providing socialization about the impact of stunting and Supplementary Feeding (PMT) for toddlers and pregnant women in Sadang Village, Jekulo Kab. Kudus. Toddlers need to monitor their growth every month at the Posyandu. In this case, it is intended that toddlers get nutritious food intake that suits their needs, so that their immune system becomes better, and children rarely get sick, avoiding heart risks. Not only for infants and toddlers, pregnant women are encouraged to routinely consume nutritious foods so that mothers and prospective children are healthy and avoid the risk of stunting. Researchers took subjects from some toddlers and pregnant women in Sadang village. The Indonesian Ministry of Health also defines stunting, defined as children under five with a z-score value, if the z-score is less than -2 Standard Deviation (SD) then it is categorized as a stunted toddler. Children under five with a z-score of less than minus 3 (-3) SD are categorized as severely stunted.

This research was carried out at the nearest Puskesmas by involving local midwives and cadres in order to help carry out data collection activities for toddlers and pregnant women in stunting reduction activities. The location chosen in the implementation of stunting reduction is in the local Sadang Village. The reason researchers took research in Sadang Village is that Sadang Village is a village that has a program that has been running in the implementation of stunting reduction for toddlers and pregnant women. Therefore, researchers are interested in further exploring information and conducting research in the village.

## 3. Results

When conducting the socialization, the UMK KKN team first observed about stunting prevention efforts in Sadang village, what obstacles are experienced to try to improve and help these obstacles. Prior to this, stunting reduction for toddlers and pregnant women in Sadang village was running smoothly. Efforts to reduce stunting in Sadang village, cadres provide PMT (Supplementary Feeding) every day to toddlers and pregnant women to reduce and prevent stunting. By distributing PMT in every house (toddlers & pregnant women) who have registered to get PMT from the local government. However, the obstacle complained about by local midwives and cadres as managers of the stunting reduction program is the lack of participation of the role of parents who have toddlers in participating in posyandu activities such as weighing, child height etc. Not only parents of toddlers, but pregnant women also lack participation in these activities and are still considered a lack of awareness of the prevention and reduction of stunting.

In the implementation of stunting socialization activities and supplementary feeding for toddlers & pregnant women carried out by the UMK KKN team on Tuesday, September 5, 2023, in Sadang Village (Fig. 1.). The targets in this program are toddlers and pregnant women who have been previously registered as recipients of additional food in an effort to prevent stunting. In implementing this activity, the UMK KKN team was assisted by local midwives and cadres. In addition to socializing and providing additional food, the UMK KKN team also conducted weighing, weight measurement and health checks carried out by local midwives. This is intended to determine the development of toddlers and pregnant women in terms of health in an effort to prevent stunting.



**Figure 1.** Providing supplementary food to toddlers and pregnant women

#### 4. Discussion

Stunting is a condition where a person's height is shorter compared to the height of other people in general. The adverse effects that can be caused by stunting include two, namely the short-term impact is the disruption of brain development, intelligence, physical growth disorders, and metabolic disorders in the body, in the long term the adverse consequences that can be caused are decreased cognitive abilities and learning achievement, decreased immunity so that it is easy to get sick, and a high risk for the emergence of diabetes, obesity, heart and blood vessel disease, cancer, stroke, and disability in old age (Finn et al., 2014; Setianingsih et al. 2020).

Training activities, counseling or other forms of knowledge provision are needed for mothers to update their knowledge. Lave (2021) argues that education is very influential in increasing knowledge. The knowledge they gain is expected to be applied in daily practice in feeding their toddlers. Increased knowledge of mothers about nutrition and stunting in toddlers will lead to positive things for mothers because the knowledge will be applied in everyday life so that it is hoped that the incidence of under-five nutrition and stunting can be prevented.

The implementation of this activity is motivated by the large number of stunting cases in Indonesia. The government always strives to reduce and prevent stunting of toddlers and pregnant women (WHO, 2018). Because if this is not continuously pursued, the increase in stunting rates can continue to increase. Through this program, the UMK KKN team also participated in helping to provide and raise awareness for the community about the dangers and impacts of stunting on toddlers and pregnant women (Fig. 2.).



**Figure 2.** Height measurement and weight weighing of children under five years old

The UMK KKN team also provided additional food that is nutritious for the health of toddlers and pregnant women. Although stunting cannot be overcome optimally, this activity can help improve the nutritional status of these toddlers (Sari, 2022). Because good nutritional status can determine the growth of toddlers and fetuses of pregnant women. Supplementary Feeding (PMT) given to toddlers aims to provide high intake, high protein, and sufficient vitamins and minerals gradually to achieve optimal nutritional status with adequate nutrient composition.

#### 5. Conclusion

Stunting can be prevented early on by working together between the village government, the sub-district, and most importantly the role of the puskesmas. Prevention of stunting in children can be done during pregnancy such as diligently checking the womb. Village cadres in Sadang have also created programs to prevent or reduce stunting by providing additional food to infants and pregnant women. Infants and toddlers, and pregnant women are encouraged to regularly consume nutritious food so that mothers and prospective children are healthy and avoid the risk of stunting. Efforts to reduce stunting in Sadang village, cadres provide PMT (Supplementary Feeding) every day to toddlers and pregnant women to reduce and prevent stunting.

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### Conflict of Interest

The authors declare no conflicts of interest.

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