Indonesian Community Empowerment Journal
Journal Homepage: https://icejournal.com/index.php/icejournal

Education on Providing Supplementary Food to Prevent Stunting in Magei Village, West Misool Distrik, Lilinta Health Center Working Area, West Papua, Indonesia

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ARTICLE INFO

Keywords:
Education
Magei village
Mothers
Providing additional food
Stunting

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All authors have reviewed and approved the final version of the manuscript.

https://doi.org/10.37275/icejournal.v4i1.53

A B S T R A C T

Stunting is a chronic nutritional problem characterized by a child's height below the standard for his age. Stunting can be caused by various factors, one of which is suboptimal feeding. Education on providing additional food is one of the efforts to prevent stunting. This community service activity aims to provide education about providing additional food to prevent stunting to mothers in Magei Village, West Misool Distrik, Lilinta Health Center Working Area. This activity was carried out from November 1st to 2nd, 2023, involving 86 mothers. Education is provided through lectures and discussions. The material presented includes the meaning of stunting, the factors that cause stunting, and the importance of providing additional food. Participants are also given practice in making additional nutritious food. The results of the activity show that mothers in Magei Village have a good understanding of stunting. After participating in the activity, mothers were also more motivated to provide additional nutritious food to their children.

1. Introduction

Stunting is a chronic nutritional problem characterized by a child's height below the standard for his age. Stunting can be caused by various factors, one of which is suboptimal feeding. Providing additional food is one effort to prevent stunting. Stunting is a chronic nutritional problem characterized by a child's height below the standard for his age. Stunting can be caused by various factors, one of which is suboptimal feeding. Providing additional nutritious food, especially micronutrients such as iron, vitamin A, and zinc, can help meet children's nutritional needs. Micronutrients are nutrients that are needed in small amounts but are very important for children's growth and development. Additional feeding can be done from 6 months to 2 years of age. The additional food given must be nutritious and appropriate to the child's age.[1,2]

The prevalence of stunting in Magei Village, West Misool Distrik, Lilinta Health Center Working Area reaches 30%. This shows that stunting is a quite serious health problem in Magei Village. Based on the results of a survey conducted by the Lilinta Health Center, the prevalence of stunting in Magei Village has increased from year to year. In 2022, the prevalence of stunting in Magei Village will reach 25%. The increase in the prevalence of stunting in Magei Village is caused by several factors, including Suboptimal food provision. Mothers in Magei Village often find it difficult to meet their children's nutritional needs,

especially micronutrients. Poverty makes it difficult for mothers to buy nutritious food. Mothers in Magei Village often do not know the importance of providing additional nutritious food to prevent stunting.[3,4] This community service activity aims to provide education on providing additional food to prevent stunting in Magei Village, West Misool Distrik, Lilinta Health Center Working Area.

2. Methods

The community service activities carried out in Magei Village from November 1st to 2nd, 2023, were very good activities. This activity has provided important education to mothers in Magei Village about stunting and the importance of providing additional food. A total of 86 mothers in Magei Village participated in this activity. The material presented in this activity is very complete and informative. This material includes the meaning of stunting, factors that cause stunting, and the importance of providing additional food. The material is presented in a way that is easy for participants to understand. Participants are also given practice in making additional nutritious food. This is very important because mothers in Magei Village often do not know how to make additional nutritious food.

3. Results and Discussion

Data from this survey shows that this community service activity has succeeded in increasing mothers' knowledge and awareness about stunting. Before taking part in the activity, 45% of mothers stated that they knew what stunting was. After participating in the activity, 100% of the mothers stated that they understood that stunting could be caused by various factors, one of which was suboptimal feeding. This shows that the material presented in this activity has been successfully understood by the participants. The material presented is complete and informative and delivered in a way that is easy to understand. Additionally, 80% of mothers stated that they would start giving additional food to their children. This shows that this activity has succeeded in increasing mothers' awareness about the importance of providing additional food to prevent stunting.

Knowledge regarding stunting prevention plays an important role in reducing the prevalence of stunting. This knowledge can increase public awareness, especially among mothers, about the importance of preventing stunting. Knowledge related to stunting prevention can increase public awareness, especially among mothers, about the importance of stunting prevention. With increased awareness, people will be more motivated to make efforts to prevent stunting. Knowledge related to stunting prevention can also increase public understanding of the causes and ways of preventing stunting. With increased understanding, society will be better able to implement stunting prevention efforts effectively. Knowledge related to stunting prevention can also be used to develop effective programs and policies for reducing stunting. Programs and policies developed based on accurate knowledge will be more targeted and more effective in reducing the prevalence of stunting.[5,6]

Education and counseling are the most effective efforts to increase public knowledge. Education and counseling can be carried out through various media, such as schools, integrated service post (Posyandu), and mass media. The development of information media, such as books, leaflets, and websites, can also help to increase public knowledge. This information media can provide information that is accurate and easy for the public to understand. Collaboration with various parties, such as the government, private sector, and community organizations, is also important. This collaboration can help to disseminate information about stunting prevention to the wider community. Increasing knowledge regarding stunting prevention is an important effort to reduce the prevalence of stunting in Indonesia. By increasing public knowledge, it is hoped that the prevalence of stunting in Indonesia can reach the targets set by the government.[7,8]

Stunting is a condition of failure to thrive in children under five due to chronic malnutrition. Providing food that is not optimal is the main factor causing stunting. Children who do not get enough

food, both in terms of quantity and quality, will experience malnutrition. Infections, such as diarrhea, respiratory tract infections, and malaria, can also cause stunting. Infection can cause problems with nutritional absorption, so children do not get enough nutrition. The health of pregnant women can also affect the growth and development of the fetus. Pregnant women who are malnourished, have anemia, or suffer from chronic diseases, such as diabetes and hypertension, are at risk of giving birth to children with stunting. Environmental factors, such as poverty, poor sanitation, and suboptimal parenting patterns, can also increase the risk of stunting.[9]

Stunting has various negative impacts, both in childhood and adulthood. Stunted children have a lower height than children who are not stunted. Stunting can cause brain development disorders, so stunted children are at risk of experiencing delays in motor, cognitive, and emotional development. Stunted children have a higher risk of experiencing diseases such as heart disease, stroke, diabetes, and cancer. Stunting can cause low work productivity, which can hamper economic growth. Stunting can also increase the potential for poverty because it is more difficult for stunted children to pursue higher education and get good jobs. Understanding the causes and dangers of stunting is important to prevent stunting. By understanding the factors that cause stunting, we can make efforts to prevent it. Understanding the dangers of stunting is also important to increase public awareness about the importance of preventing stunting. By being aware of the dangers of stunting, people will be more motivated to make efforts to prevent stunting.[10,11]

Providing nutritious food is the most important effort to prevent stunting. Children must get enough food, both in terms of quantity and quality. Infection prevention is also important to prevent stunting. Children must receive complete immunizations and must be kept healthy so that they are not susceptible to infection. Improving the health of pregnant women is also important to prevent stunting. Pregnant women must get adequate nutritional intake and must undergo regular pregnancy checks. Increasing access to clean water and sanitation is also important to prevent stunting. Clean water and good sanitation can help prevent infection. Improving parenting patterns is also important to prevent stunting. Parents must provide good care for their children, including providing stimulation appropriate to the child's age. By making efforts to prevent stunting, it is hoped that the prevalence of stunting in Indonesia can be reduced.[12]

4. Conclusion

This community service activity has provided good education to mothers in Magei Village about providing additional food to prevent stunting. It is hoped that this activity can increase mothers' awareness about the importance of providing additional nutritious food to prevent stunting.

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