

Optimizing Nutrition and Complementary Care to Prevent Stunting

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Abstract

Stunting is a condition of failure to thrive in children. Several things are the main causes of the problem of stunting in children, one of which is the lack of public knowledge about stunting itself. The aim of implementing this Community Service is to increase public knowledge about stunting. The method for implementing PKM is lectures, discussions, and questions and answers to the people of Cengkong Village, especially people who live in RT 01/RW 04. Evaluation of this activity is carried out by observing participants explaining stunting and the practice of Lactation massage and Tuina massage. The evaluation results show that participants understand stunting and can do lactation massage and Tuina massage. It is hoped that public knowledge regarding stunting will be enhanced with Lactation massage and Tuina massage skills. reducing the risk of stunting problems, especially in Cengkong Village, Purwasari, Karawang.

Keywords: stunting, massage, lactation, tuina.

Introduction

Health development aims to increase awareness, ability, and willingness to live healthily for every resident to achieve the highest level of health. In other words, the community is expected to be able to play a role as actors in health development in maintaining, maintaining and improving the level of their health, as well as playing an active role in realizing the health of their community, apart from that, also improving the welfare of the family and community as well as increasing public awareness of the importance of Healthy Living Behavior and Healthy (PHBS).¹

The active role of the community is needed in supporting government policies. Community participation is very important because it is the community that truly understands the conditions and situations they are experiencing and the community should also be at the forefront in dealing with the problem of stunting.²

Stunting is a condition of chronic malnutrition caused by insufficient nutritional intake over a long period, generally due to providing food that is not by nutritional needs. Stunting occurs from within the womb and only becomes apparent when the child is two years old. Cases of stunting or failure to thrive in children under five in Indonesia are still high and have not shown significant improvement. The World Health Organization (WHO) places Indonesia as the third country with the highest cases in Asia.²

The percentage coverage of very short and stunted toddlers aged 0-59 months in Indonesia in 2024 is 1.5% and 4.5%. The percentage coverage of very short and stunted toddlers aged 0-59 months in West Java in 2024 is 1.2% and 3.7%.³ Karawang Regency is included in the 14 districts that are the locus for intervention in reducing stunting rates in West Java. Meanwhile, Karawang Regency itself has a Nutrition Status Monitoring Locus (PSG) area, namely ten Community Health Center Working Areas. Purwasari Community Health Center is the one of PSG Locus. Data for 2023 from the number of toddlers weighed was 6,484 and 35 (0.5%) were short toddlers⁴

Cengkong is the name of a village in Purwasari subdistrict. Village area are 4.25 KM², it is a densely populated village, most of the immigrants are of reproductive age with fast mobility because it is close to an industrial area. The livelihoods of the majority of the population are factory workers, farmers, agricultural laborers and traders. The large number of immigrants and the traffic flow that never stops for 24 hours,

means that people have houses on the side of the road opening various kinds of stalls, various snacks, food, grocery and other necessities. So that people can easily get what they need. With conditions like this, Cengkong is one of the contributors to the number of stunting incidents at the Purwasari Community Health Center.

Method

The method used in community service in Cengkong village RT 01, RW 4 is starting from data collection, prioritizing problems by health cadres, community leaders, health workers and village officials. The agreed intervention was health education. The media used are LCD, laptop, leaflet, and camera. The number of participants who attended was 17 people consisting of young women, pregnant women and mothers with babies and toddlers

Results

The result of prioritizing problems is health education regarding stunting toddlers. Participants who attended were given education about stunting, its causes, and ways to prevent it, starting with young women, pregnant women, breastfeeding mothers, and mothers with toddlers. Participants are also taught about lactation massage to stimulate breast milk production and Tuina massage to increase appetite in babies and children. The creation of the innovative product SARIBU croquettes, namely snacks made from vegetables, chicken, and purple sweet potatoes. Activity evaluation was carried out by participants repeating the material presented and practicing lactation massage and Tuina massage. Participants understand about stunting and can do Lactation massage and Tuina massage

Discussion

The pillars of stunting prevention include leadership commitment and vision; national campaigns and behavior change communications; convergence, coordination, and consolidation of central, regional, and village programs; food security; monitoring and evaluation. One of the obstacles to accelerating stunting prevention is the lack of optimal coordination of the implementation of specific nutrition, while the priority

intervention for pregnant women, breastfeeding mothers and children is the provision of additional food. Providing local food as additional food when viewed from a food security perspective includes aspects of accessibility, availability, safety and sustainability. This is in accordance with community culture, not solely due to hunger. ⁵

The program of providing blood supplement tablets and nutrition education to young women has been proven to be an effective preventive measure in reducing the prevalence of stunting. With a comprehensive approach and support from various parties, it can make a significant contribution to improving the nutritional and health status of future generations. ⁵

Conclusion

The results of the activity showed that there was a change in attitudes regarding food consumption patterns among young women, pregnant women, breastfeeding mothers and mothers with toddlers for the better after receiving health education regarding stunting. Tuina massage increases appetite in toddlers. Lactation massage makes breastfeeding mothers feel comfortable and increases breast milk production.

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