

Preventing Stunting from Pregnancy through “Gosting” (Healthy Gohyong Anti-Stunting)

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Submission date: 10-01-2026; Date of received: 15-01-2026

Abstract

Background: The prevalence of stunting in 2024 in the working area of the Kalapa Nunggal Sukabumi Health Center UPTD was 172 (4.98%). From a preliminary survey conducted randomly among pregnant women, it was found that some pregnant women still did not know about stunting prevention in children during pregnancy. The provision of PMT has reduced the incidence of stunting every year. **Objective:** This activity aims to increase pregnant women's knowledge of stunting prevention, starting from pregnancy or the First 1000 Days of Life. **Method:** Participants in this activity were 15 pregnant women and Posyandu cadres. The activity began with a preliminary survey, a Forum Group Discussion (FGD) to determine problem priorities and implement interventions. The intervention was carried out by providing counseling and a Gohyong menu demonstration. **Results:** The activity showed that direct education was highly effective in increasing participants' knowledge and awareness of stunting. Before the activity was carried out, generally, participants did not clearly understand what stunting is, its causes, or how to prevent it. However, through a communicative approach and easy-to-understand delivery, participants became more aware of the importance of nutritional intake during pregnancy. **Conclusion:** The health education successfully increased pregnant women's understanding of the importance of balanced nutrition and a healthy lifestyle in preventing stunting during pregnancy. The introduction of healthy menus such as healthy gohyong also strengthened participants' understanding of the daily implementation of balanced nutrition, thus encouraging healthier behavior changes.

Keywords: Stunting, Healthy Gohyong, Women Pregnancy.

Introduction

Stunting Stunting is a growth failure or abnormality in a child, typically characterized by a weight or height that is not proportionate to their age. Data from the World Health Organization (WHO) in 2020 showed that 5.7% of toddlers worldwide are overweight, 6.7% are underweight and severely malnourished, and 22.2%, or 149.2 million, suffer from stunting (chronic malnutrition). The prevalence of stunting globally is still quite high, compared to the Indonesian government's target of 14% by 2024, as well as the WHO standard of stunting not exceeding 20%, and the Sustainable Development Goals (SDGs) target of 0% by 2030 ¹².

The 2021 Indonesian Nutritional Status Study (SSGI) in 34 provinces showed that the national stunting rate decreased from 27.7% in 2019 to 24.4% in 2021. This prevalence has decreased, but according to WHO criteria, it is still considered high (greater than 20%). Furthermore, Indonesian data to date does not distinguish between stunting caused by nutritional and non-nutritional factors ¹².

West Java Province remains one of the provinces with a high stunting rate, at 21.2% in 2022. West Bandung Regency, meanwhile, ranks third in West Java, with a stunting rate still below the target of 27.3% in 2022 ¹⁶.

The Maternal and Child Health report found that the number of high-risk/complicated pregnant women in Sukabumi Regency in 2020 was 9,786, with 7,028 obstetric complications treated (71.82%). In 2021, the number of high-risk pregnant women was 9,191, with 7,461 obstetric complications treated (81.18%). In 2022, the number of high-risk pregnant women was 9,404, with 7,844 obstetric complications treated (83.41%). In 2023, the number of high-risk pregnant women was 9,508, with 8,134 obstetric complications treated (85.55%) ⁵.

Based on these data, it can be seen that the cause of complications/high-risk pregnancies is a lack of awareness of maternal health during pregnancy. This not only impacts the pregnant woman, but also contributes to high rates of stunting. This stunting rate is found in short toddlers, namely children aged 0-59 months, categorized as having a nutritional status based on the length-for-age (PB/A) or height-for-age (HB/A) index with a Z-score <-2 standard deviations ⁵.

In 2024, stunting was found in 172 (4.98%) of the 3,454 children at the Kalapanunggal Community Health Center (UPTD) in Sukabumi Regency, compared to the national target of 18.4%. Implementation of specific interventions and nutrition (30%) was carried out for several targets, namely children aged 0-23 months, during the first 1,000 days of life (HPK), and pregnant and breastfeeding mothers. Other age groups target children aged 24-59 months, adolescent girls, and women of childbearing age ²⁰.

Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction serves as the basis for stunting prevention and management policies in Indonesia. This regulation was issued against the backdrop that Presidential Regulation Number 42 of 2013 concerning the National Movement to Accelerate Nutrition Improvement was unable to effectively accommodate efforts to accelerate stunting reduction and needed to be replaced. Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction contains two main elements: a national action plan for accelerating stunting reduction and five pillars for accelerating stunting prevention ¹².

Stunting prevention should be initiated early in pregnancy. Pregnant women are advised to adopt a balanced diet and a healthy lifestyle as much as possible. From early pregnancy, stunting prevention can be achieved by increasing the mother's intake of iron and folic acid ¹⁴.

In this context, Gohyong Sehat presents an innovative breakthrough that combines balanced nutrition education with easy-to-implement practices in everyday life, especially for pregnant women. This program emphasizes empowering pregnant women through counseling and providing examples of healthy menus, such as chicken and carrot gohyong, which are not only nutritious but also easy and affordable. This approach is expected to increase awareness and change the behavior of pregnant women, thereby preventing stunting early on.

By integrating education, empowerment, and practical practices, Gohyong Sehat is a strategic step in supporting the government's program to sustainably reduce stunting rates and create a healthy and productive generation of Indonesians.

Method

This community service activity took the form of counseling at the Santi Mala Community Health Center (TPMB) in Gunung Endut Village, Kalapanunggal District, Sukabumi Regency, on November 26, 2025. The target group for this activity was all 15 pregnant women attending the TPMB. The method used was educational, incorporating educational elements into the program and community service implementation to help the community understand the importance of stunting prevention. The tools and materials used in this outreach included PowerPoint presentations, laptops, a sound system, and an Infocus. The work began with a preliminary survey and a Focus Group Discussion (FGD) with the community, attended by lecturers and students from the National University, village midwives, and Posyandu (Integrated Health Post) cadres. The intervention was implemented through health education on the impacts and prevention of stunting and a demonstration of how to make Gohyong Sehat (Healthy Gohyong) as an innovation. The community was encouraged to interact as actively as possible to better understand the various information provided by this activity. The success of this outreach is assessed from the community's activeness in answering questions after the education is carried out.

Results

A community service activity in the form of health education conducted at the Santi Mala Child Health Center (TPMB/ Tempat Praktek Mandiri Bidan) in Gunung Endut Village, Kalapanunggal District, Sukabumi Regency, focused on health education to prevent stunting during pregnancy. Fifteen pregnant women actively participated in the activity.

Before the outreach, most participants lacked a thorough understanding of stunting, including its definition, causes, and prevention methods. This underscores the importance of educational interventions for pregnant women as an early preventative measure. Throughout the outreach, the mothers demonstrated high enthusiasm. They actively asked questions, took notes, and discussed the material presented, particularly regarding the importance of nutritional intake during pregnancy. The material covered the definition of stunting, its main causes, such as chronic malnutrition and recurrent infections, as well as various preventative measures through a healthy lifestyle and

nutritious diet. A key component of the outreach was the introduction of a healthy menu based on local foods that is easy to prepare at home, called Gohyong Sehat. This dish was introduced as an example of a high-protein and vitamin-rich menu that is beneficial for pregnant women. Healthy Gohyong is made from minced chicken, which is rich in animal protein, and carrots, which contain vitamin A, fiber, and antioxidants.

This combination is excellent for supporting fetal growth and development and maintaining maternal health. Besides its nutritious content, this gohyong is also easy to make and has a flavor that many people enjoy, making it a suitable healthy alternative in the daily menu of pregnant women. Through demonstrations and explanations of its nutritional benefits, pregnant women are encouraged to try making a similar dish at home as part of their efforts to meet nutritional needs during pregnancy. It is hoped that by understanding the importance of a healthy diet and providing practical menu examples like Healthy Gohyong, mothers will be better prepared for a healthy pregnancy and prevent the risk of stunting in their children from the womb.

Overall, this outreach activity went smoothly and successfully increased pregnant women's understanding and awareness of the importance of nutrition and a healthy lifestyle in preventing stunting. This activity is expected to be the beginning of ongoing community education to support a healthy, stunt-free generation.

Discussion

Stunting is a condition of growth failure in children under five (toddlers) due to chronic malnutrition, repeated infections, and inadequate psychosocial stimulation, particularly during the First 1,000 Days of Life (HPK), from the fetus to the age of two. Stunting in toddlers puts them at risk of stunted physical growth and susceptibility to disease.

The results of outreach activities conducted at the Santi Mala TPMB (National Child Health Center) showed that direct education for pregnant women was highly effective in increasing their knowledge and awareness about stunting. Before the activity, participants generally did not clearly understand what stunting is, its causes, or how to prevent it. However, through a communicative approach and easy-to-understand material, participants became more aware of the importance of maintaining nutritional intake during pregnancy.

The enthusiasm of the participants also serves as a positive indicator that community-based education like this plays a vital role in promoting and preventing public health issues. One of the strengths of this activity was the presentation of real-life examples in the form of nutritious food, namely Gohyong Sehat. The training, which is not only theoretical but also practical, has proven to provide participants with a concrete understanding of how to implement a healthy diet in their daily lives.

Gohyong Sehat, an example of a food introduced in the training, provides hands-on education on how to select and prepare foods rich in protein, vitamins, and fiber. Chicken, a source of animal protein, is crucial for the formation of fetal tissue and organs, while carrots, as a source of vitamin A, play a role in supporting the development of the immune system and vision. This combination supports the concept of "balanced nutrition," which is essential during pregnancy to prevent stunting.

Through this activity, pregnant women not only gain information but also become motivated to adopt healthy lifestyle habits within their families. This is crucial, considering that mothers are the primary agents in meeting the family's nutritional needs. Thus, this training not only has a short-term impact on increasing knowledge but also has the potential to have a long-term impact on behavioral change and improving the quality of life for mothers and children. This type of activity is highly worthy of replication in other regions, especially those with a high prevalence of stunting.

Conclusion

A health education program conducted at the Santi Mala Child Health Center (TPMB) in Gunung Endut Village, Kalapanunggal District, Sukabumi Regency, with 15 pregnant women successfully increased the understanding of the importance of balanced nutrition and a healthy lifestyle in preventing stunting during pregnancy. Before the education, the majority of participants did not have a thorough understanding of stunting, but after the activity, the mothers demonstrated increased understanding and high enthusiasm for the material.

The introduction of healthy menus, such as Gohyong Sehat, also added value to this activity. Through examples of nutritious, easy-to-prepare, and affordable meals, participants gained a better understanding of how to directly apply the principles of balanced nutrition in their daily lives. This is a concrete step in encouraging positive behavior change to support healthy pregnancies and prevent stunting.

Acknowledgment

Appreciation to Bdn. Engkay S Candra, S.ST, as the Field Practice Supervisor, and the pregnant women who participated in this activity.

Conflict of Interest

There is no conflict of interest among the authors.

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