

The Sidoarjo District Health Office's Strategy in Dealing with Stunting

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Abstract: Stunting or malnutrition is a condition of toddlers who cannot grow properly due to malnutrition in their bodies which causes children to not be able to develop according to their age. This research is to find out how the Sidoarjo Regency Health Office's strategy in dealing with stunting cases that occur in Sidoarjo Regency today. This research methodology is descriptive qualitative. The type of data used in this research is qualitative. Data collection techniques are carried out by means of interviews, online data searches, documentation and observation. This study shows that the strategy of the Sidoarjo district health office in dealing with stunting cases has not been as expected, this is due to the lack of public awareness of stunting, and the community lacks understanding about stunting. village governments need to carry out stunting prevention activities by implementing the Healthy Living Community Movement through nutrition improvement training.

Keywords: Stunting, Growth Disorders, Malnutrition, Data Collection, Documentation, Healthy Lifestyle, Governments

Introduction

Indonesia is currently facing the problem of stunting or malnutrition. Stunting is one of the problems faced by the world, especially in poor and developing countries such as Indonesia. Stunting is a nutritional problem experienced by toddlers. Generally, nutritional problems are caused by a lack of nutritional intake in the body during the growth of children in a long period of time, especially in the first 1000 days of life, namely since pregnancy in the womb and only seen when the child has reached the age of two years or under the age of five (Indonesian Ministry of Health). Symptoms of stunting are seen when the height is not in accordance with the standards set by the Ministry of Health. The World Health Organization (WHO) explains that stunting is a developmental disorder experienced by children due to poor nutrition, repeated infections, and inadequate psychosocial stimulation. Furthermore, the incidence of stunting is the result of insufficient nutritional intake, both in terms of quality and quantity, high morbidity, or a combination of both and is commonly found in countries with poor economic conditions.

In other words, stunting is not only caused by health or medical factors but also social, economic and cultural aspects of society. Social and economic aspects play an important role in the occurrence of stunting such as poverty or low income factors that affect nutritious food intake, low parental education levels. Malnutrition during early childhood will hinder physical development, increase morbidity, hinder mental development, and even cause death. Toddlers who experience stunting have a risk of decreased intellectual ability, productivity, and possible risk of degenerative diseases in the future.

Indonesia still faces serious nutritional problems that affect the quality of human resources (HR). The nutritional problems include early life growth failure such as low birth weight, shortness, thinness and fatness, which will have an impact on subsequent growth. Malnourished children may later experience cognitive impairment and educational failure, resulting in low productivity in adulthood. Lack of energy and protein, lack of vitamin A, iodine, iron, vitamins, and other minerals are nutritional problems that are often experienced by children under five years old, called stunting. Currently, Indonesia is ranked 5th in the world for stunting in children under five years old. In Indonesia, stunting is called kerdil, meaning that there is impaired physical and brain growth in children. Stunting is characterized by height that is not appropriate for age.

Stunting Population in East Java and Sidoarjo Regency 2018 - 2020

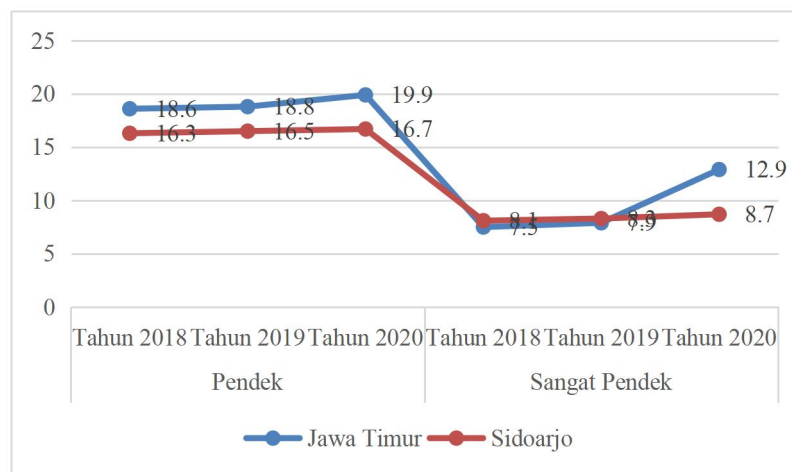


Figure 1. Stunting Population in East Java and Sidoarjo Regency 2018 - 2020
(Source: Health Profile Data 2021)

The population of stunting toddlers in East Java is still quite high, namely in 2018 the short toddler was 18.6%, in 2019 it was 18.8% and in 2020 it was 19.9%, while the very short toddler in 2018 was 7.5%, in 2019 it was 7.9%, and in 2020 it was 12.9%. Data from

Sidoarjo District shows that the stunting population in 2018 was 16.3% of short toddlers, 16.5% in 2019 and 16.7% in 2020, while very short toddlers in 2018 were 8.1%, 8.3% in 2019 and 8.7% in 2020. The data shows that the stunting population rate is still above the government's target of 14% as mandated by the 2020-2024 National Medium-Term Development Plan which is guided by Presidential Regulation (Perpres) Number 72 of 2021 concerning Acceleration of Stunting Reduction.

The problem of stunting in Sidoarjo Regency has several causes, including the problem of parenting for children whose mothers become career women or work, causing their children to be entrusted to their grandmothers, trusted people, or daycare. In these places, it cannot be ascertained whether the food provided is correct in portion, frequency, or type. Therefore, because the child is being cared for by someone else, the feeding practices are not being taken care of. In addition, access to sanitation and clean water is still lacking, with not all villages in Sidoarjo District becoming Open Defecation Free (ODF). 71.1% of villages in Sidoarjo district are ODF, which means that there are still some villages that do not have latrines. This lack of hygiene has the potential to increase the risk of infectious diseases, especially as the availability of clean water is also limited. When children are sick, this inevitably has an impact on their nutritional status and makes it difficult to improve, as well as awareness from the community, where many parents do not bring their toddlers to the posyandu and some people who already have stunted toddlers refuse assistance from the Health Office in the form of nutritious food because they are embarrassed or considered a disgrace to the condition of their toddlers. With these conditions, a strategy is needed in preventing stunting in Sidoarjo Regency. (Makmur 2009: 128) states that strategy is an action that is very influential and determines the success of a program or activity, both future and future. Strategy is a plan about what to achieve or what an organization wants to be in the future and how to achieve the desired state (Dadang, 2017).

Berdasarkan penelitian terdahulu yang telah membahas strategi dinas kesehatan dalam pencegahan stunting.

First, research conducted by Selphi Afdayati Dwi Putri, Dedi Kusuma Habibie in 2022, in a study entitled "Strategy" of the Health Office in Handling Stunting in Pekanbaru City (Case Study of Rejosari Health Center). This type of research is descriptive using qualitative research methods. The results of this study found that the strategy of the health department in handling stunting in the city of Pekanbaru is running well by developing several indicators, but there are still several inhibiting factors in the implementation of the program, namely the covid 19 virus which hinders activities.

Second, research conducted by Nur Azizah, Nastia, Anwar Sadat in 2022, in a study entitled "Strategy" of the health department in emphasizing the rate of stunting sufferers in South Buton Regency. This type of research is descriptive using qualitative research methods. The results of this study found that the health department's strategy in emphasizing the rate of stunting sufferers has been running well but not optimally, because there are still some people who do not know and are aware of the dangers of stunting and its impact even though they have often held socialization with the surrounding community. The previous research equation with this research both use qualitative methods. While the difference in previous research examines the application of stunting handling strategies, while this study examines the health department's strategy in preventing stunting.

Methodology

In this study using qualitative descriptive methods. According to Moleong (2010: 04) descriptive qualitative research is a research procedure that produces descriptive data in the form of interviews and observations of people and behaviors that can be observed. In a qualitative approach, researchers seek to observe and reveal the reality in the field of the Sidoarjo Regency Health Office's Strategy in Facing stunting.

Result and Discussion

The Health Office's Strategy to Address Stunting in Sidoarjo Regency

In Regent Regulation Number 89 of 2021 concerning the acceleration of integrated stunting reduction in Sidoarjo Regency and Regent Regulation Number 90 of 2021 concerning the role of villages in accelerating the reduction of stunting cases, cooperation between each party is needed because the problem of stunting is a common problem. Therefore, researchers chose the strategies implemented by the Sidoarjo District Health Office in dealing with stunting problems, others:

1. PMT Program (Pemberian Makanan Tambahan)

The PMT program itself aims to improve the nutritional status of pregnant women and toddlers, prevent stunting in toddlers, and increase public knowledge and awareness about the importance of balanced nutrition. The PMT program targets pregnant women with chronic energy deficiency, malnourished toddlers, and adolescent girls. There are two types of PMT that have different benefits from each type of PMT: First, recovery PMT is given to malnourished and undernourished toddlers for 90 days with a frequency of 6 times a week. Second, preventive PMT is given to pregnant women with SEZ and normal nutrition toddlers for 60 days with a frequency of 1 time a week. The food content of the

PMT itself is nutritionally balanced food that is rich in protein, iron, vitamin A, and zinc. Such as PMT biscuits, formula milk, eggs, fish, meat, tempeh, yeasts, vegetables and fruits.

PMT is distributed in Sidoarjo District through posyandu, puskesmas, and villages. Together, posyandu cadres and health workers educate pregnant women and toddlers about the importance of balanced nutrition and the correct way to administer the PMT.

2. Cadre and health worker training

The training for cadres and health workers aims to increase the knowledge and skills of cadres and health workers in identifying early stunting, as a provision in counseling the community about balanced nutrition, informing about supplementary feeding for stunted toddlers, and as a family companion for stunted toddlers. The cadre and health worker training was attended by hundreds of cadres and health workers from health centers in Sidoarjo Regency, which resulted in competent resource persons in the field of nutrition and child health. The material provided is usually about the concept of stunting, the causes of stunting, the impact of stunting, prevention of stunting, and handling stunting.

3. Providing Vitamins and Supplements to Mothers, Infants and Adolescent Girls

Providing vitamins and supplements including TTD (Blood Addition Tablet), for adolescent girls and pregnant women to prevent anemia because anemia is one of the causes of stunting in children. Blood supplement tablets for pregnant women are given as many as 90 tablets during pregnancy, vitamin A for toddlers to maintain eye health and increase endurance and iron for toddlers which is useful to prevent anemia in toddlers because anemia inhibits child growth and development.

4. Application innovation SI Cantik dan Kopi Pahit

The Si Cantik application (Sidoarjo Prevent Maternal and Child Mortality) is one of the Sidoarjo District Government's leading innovations in the health sector. This application was launched in 2016 with the aim of improving the quality of maternal and child health services, and reducing maternal and infant mortality rates in Sidoarjo District. There are several features in the Si Cantik application, namely:

a. Pregnancy risk early detection system

- a) The Si Cantik application is equipped with a pregnancy risk early detection system that can help health workers to identify pregnant women who are at high risk of pregnancy complications. This system works by analyzing the mother's pregnancy data, such as age, medical history, and pregnancy examination results.
- b) Monitoring system for pregnant women and children
- c) Si Cantik application is also equipped with a monitoring system for pregnant women and children that allows health workers to monitor the health conditions

of pregnant women and children on a regular basis. This system helps health workers to ensure that pregnant women and children get optimal health services.

- d) Health information and education system
- e) The Si Cantik app also provides useful health information and education for pregnant women and children. This information and education can help pregnant women and children to increase their knowledge and awareness about health.
- f) Data reporting and analysis system
- g) The Si Cantik application is equipped with a reporting and data analysis system that allows local governments to monitor the performance of maternal and child health programs. The system helps local governments to identify areas for improvement and to improve the quality of maternal and child health programs.

The Bitter Coffee application (Komunitas Peduli Ibu dan Anak Sehat) is one of the Sidoarjo District Government's second flagship innovations in the health sector. This application was launched in 2022 with the aim of increasing community participation in the prevention and handling of stunting in Sidoarjo District. The features provided in the Kopi Pahit application include:

- a) Child growth monitoring
- b) Nutrition information and education
- c) Consultation with health workers
- d) Mapping of stunting areas
- e) Stunting-specific reporting

Constraints Experienced by the Sidoarjo Regency Health Office in Implementing Strategies for Handling Stunting

The Sidoarjo Regency Health Office as the party responsible for handling stunting, of course, in implementing the strategies that have been determined to experience obstacles. One of the obstacles currently faced is the lack of availability of funds, which can hamper the efforts of the Health Office in carrying out various programs and activities that have been designed to prevent and handle stunting. The impact of these obstacles causes the Health Office to not be able to reach all target groups that need stunting interventions, furthermore, these obstacles cause the Health Office to not be able to provide the necessary resources optimally and result in the quality of the program being low. Therefore, to overcome these obstacles, the Health Office collaborates with various parties such as the Social Service and the Manpower Office to deal with the stunting problem, namely the economy.

Conclusion

The problem of stunting in Sidoarjo district is influenced by two factors:

- Faktor economic: poverty, low nutrition knowledge, poor sanitation
- Faktor social: early marriage, lack of parental role, lack of parental awareness

Strategi Dinas Kesehatan:

- PMT Program (Supplementary Feeding Program)
- Training for Cadres and Healthcare Workers
- Provision of Vitamins and Supplements
- Innovation of SI Cantik and Kopi Pahit Applications

The challenges faced in implementing the program include the lack of available funds, which impacts the ability of policymakers to reach all target groups of the program.

Conflict of Interest Statement:

The author declares that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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