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Supplementary Feeding Program in an Effort to Overcome Stunting in Undaan Tengah Village

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Abstract: Stunting is a condition of stunted growth and development caused by malnutrition, which has a long-term impact on children's health and growth and development. Supplementary feeding is an important step in overcoming the problem of malnutrition in children, aiming to provide additional nutrients needed by children at risk of developmental delays. Undaan Tengah Village, as a stunting locus, implements a complementary feeding program (PMT) with a focus on the first 1000 days of life (HPK) group including children under 5 years old and pregnant women. The 1000 HPK period is a critical period in improving children's physical and cognitive development. Nutrition interventions in the 1,000 HPK are a top priority to improve the quality of life of future generations, with a focus on specific and sensitive nutrition interventions. PMT, as a supplementation strategy, is provided by taking into account the nutritional needs appropriate to the age of growth. The method of providing PMT is carried out by direct distribution to target homes, followed by monitoring, evaluation, and counseling to mothers with toddlers indicated to be stunted. This PMT activity aims to fulfill the nutritional needs of toddlers who show signs of delayed growth and development by focusing on animal and vegetable protein sources as well as mineral and vitamin sources. Students also actively assist in procuring, processing, and distributing PMT, maximizing existing facilities in Undaan Tengah village, and conducting monitoring and evaluation to ensure the effectiveness of the program. Stunting is a serious problem that requires an active role and joint contribution, including from students, in efforts to prevent and alleviate stunting to realize a healthy and quality generation.

Keywords: Supplementary Feeding, Stunting Prevention, Indonesia

1. Introduction

Supplementary feeding to reduce stunting is an important step in overcoming malnutrition in children. Stunting is a condition where a child's growth and development is stunted due to malnutrition, which has a long-term impact on the child's health and development.

Supplementary feeding programs aim to provide additional nutrients needed for children at risk of stunting. These food supplements often contain essential nutrients such as protein, iron, calcium and vitamins needed to optimize children's growth and development (Simamora et al., 2021).

Undaan Tengah Village is one of the villages in Undaan Sub-district that is the locus of stunting. Many stunting handling programs in Undaan Tengah Village are implemented in relation to the target of the first 1000 days of life (HPK), including the provision of Supplementary Food (PMT) to children (children under two years old) and pregnant women.

The first 1000 days of life (HPK), which starts from conception until the age of 2 years, is the most important period for improving children's physical and cognitive development. In the future, nutritional status at 1000 HPK will affect the health (Waroh et al., 2019), intellectual quality and labor productivity of children. Children who are malnourished at the 1,000 HPK stage will experience neurological disorders (nervous system and brain), decreased learning ability, increased risk of school dropout, decreased productivity and work ability, as well as decreased

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income, reduced availability of nutritious food, and reduced ability to care for children (Sriatmi et al., 2021).

Given the nutritional needs per 1,000 HPK, the provision of nutrition per 1,000 HPK is the most important factor to improve the quality of life of future generations. 1000 HPK interventions focus on two types of interventions: food-specific interventions and nutrition interventions (Laili et al., 2019). Nutrition-specific interventions are a set of activities that have very high economic efficiency especially in addressing malnutrition, but nutrition-sensitive interventions are important because they have an impact on the nutritional status of the community, especially in the 1000 HPK group. This is a program of activities that give. Complementary feeding, especially for children at risk of stunting, is one of the complementary strategies to address nutrition challenges (Megawati & Wiramihardja, 2019). The PMT provided must be of high quality and in accordance with the child's growth and development stage. PMT can be provided to children aged 6 to 59 months if it meets certain requirements regarding the amount of nutrients needed by children, including: B. Protein, energy, fat, vitamins and minerals (Rifda, 2019).

2. Methods

The method of providing PMT to children under five years old and pregnant women is carried out by delivering PMT that has been made from home to home in Undaan Tengah village every day by weighing their body weight every day to determine the progress of weight gain for PMT recipients. In this case, the method referred to is the provision of PMT packages to children under 5 years old and pregnant women, depending on the program objectives, the number of objectives is not large, and the place of residence is not far from the location of making additional food.

3. Results

By coordinating with the midwife in Undaan Tengah village, data on children affected by stunting can be obtained, there are 8 children, 13 children who have malnutrition and 11 pregnant women with a total of 32 targets who receive additional food. The provision of additional food has been running and Undaan Tengah village itself is a stunting locus with a fairly low stunting rate compared to other villages. Based on the data and information received, students actively participate as a form of service / service to the village to support the stunting prevention program.

In connection with that, by adapting skills and optimizing existing facilities in Undaan Tengah village, students helped run the stunting reduction program in the form of PMT. PMT is running well in Undaan Tengah village itself. In the PMT activities carried out by UMK students in Undaan Tengah Village, they participate in the processing of food ingredients that are purchased and provided by the village every day, and in the distribution of PMT houses for children who are clearly stunted in their development, we cooperate in procurement (Fig. 1.).



Fig. 1 - Making PMT.

In this case, students not only process and distribute the PMT, but also conduct monitoring and evaluation to develop and find shortcomings in these activities. PMT monitoring is carried out every two days, and from the PMT monitoring activities carried out every day in the first week to the third week, many factors influence such as the suitability of the ingredients processed into PMT and the target audience with young children. It turns out that, due to allergies or aversions to certain PMTs sometimes occur. As part of the PMT monitoring activities, students also provide advice and guidance to mothers with stunted babies. The consequence is seen in the growing awareness of parents, especially mothers of young children affected by stunting, about maintaining the nutritional value of each

child (Fig. 2.).



Fig. 2 - PMT distribution, monitoring and evaluation activities.

The student-led PMT activity aims to fulfill the nutritional needs of young children diagnosed with stunting. After all, stunting is a nutritional problem that can affect children's growth and development in the future. As for additional food, preference is given to animal or vegetable protein sources (eggs, meat, beans, etc.), as well as mineral and vitamin sources from vegetables and fruits. The PMT process carried out by the students themselves is in the form of cooking together every day during the hours (08:00 WIB - 12:00 WIB) which is carried out at one of the Posyandu cadre's houses in Undaan Tengah village. The additional menu offered every day is always different, but usually in the form of side dishes or snacks and fruits (and other snacks). In the distribution, students will also be given education and socialization about additional food and its benefits (Fig. 3.).



Fig. 3 - Some additional food menus.

4. Discussion

The community service activity carried out by the KKN team was to hold a socialization program and provide additional food distributed to pregnant women and toddlers in Undaan Tengah Village. The socialization program aims to increase the community's understanding of stunting and the importance of balanced nutrition. In addition, the supplementary feeding program is specifically designed to ensure that children and pregnant women receive optimal nutritional intake during their growing years (Ulfah & Nugroho, 2020).

In the early stages, the KKN team conducted surveys and research to understand the health conditions of the community in Undaan Lor Village. The results of the research showed that there were still children under five and

pregnant women who were stunted, demonstrating the high prevalence of stunting among children under five and the nutritional problems faced by pregnant women. The KKN team found that stunting in this village has multi-dimensional causes. Factors such as an unbalanced diet, poor nutritional intake, and inadequate childcare practices are major contributors to this condition (Abubakar et al., 2011). Other contributing factors include social, economic and environmental factors. With the stunting problem, the KKN team in Undaan Tengah Village held a socialization program to increase the community's understanding of stunting and the importance of balanced nutrition, especially in the first 1000 days of a child's life. In the socialization, we invited local nutritionists and health workers to provide a more in-depth explanation of the importance of balanced nutrition during pregnancy and child growth. We also discussed proper child feeding practices, as well as the importance of breast milk as the main food for infants. This socialization program also provides an opportunity for the community to share their experiences and knowledge (Duerden & Witt, 2010). With this socialization program, we hope that the community of Undaan Tengah Village will be better prepared and able to prevent stunting.

In addition to providing support, the KKN team also provides additional nutrition for the care of pregnant women and young children, and will implement concrete initiatives to address nutrition and stunting issues in the village. The decision to provide supplementary food is a strategic step in the KKN team's efforts to reduce stunting in Undaan Tengah Village. The supplementary food is processed by the KKN team and made from various sources of nutrients essential for child growth and development and the health of pregnant women (Rahmat & Abd Hamid, 2020). The KKN team focuses on utilizing animal and vegetable protein sources such as eggs, meat, beans, and other protein-rich food sources. Protein is essential for the growth of body tissues, and this need must be adequately met during children's growing years. High-quality supplementary foods play a crucial role in meeting the nutritional needs of growing children.

Our team ensures that the nutritional supplements we offer contain sources of minerals and vitamins obtained from fresh vegetables and fruits. Vegetables and fruits are important sources of nutrients such as vitamins, minerals, fiber, and antioxidants needed to maintain health, strengthen the immune system, and support optimal growth and development. In addition, the KKN team also provides guidance to pregnant women and parents of toddlers on how to cook and serve these supplementary foods so that they retain their nutritional quality. This involves proper cooking, use of fresh ingredients, and selection of a balanced variety of foods to achieve optimal nutritional intake (Augustin et al., 2016; Mouritsen, 2016). The guide covers proper cooking techniques to maintain nutritional content, such as boiling, steaming or baking with minimal use of oil. We also provide advice on using healthy additives, such as natural spices and seasonings, to give food flavor without adding salt or harmful preservatives.

This stunting program has a positive impact on pregnant women and toddlers in Undaan Tengah Village. This impact is not only felt directly in the form of changes in physical health, but also in other aspects of life. With the socialization program and the provision of additional food to pregnant women and toddlers, it has a positive impact, including:

1. Increased Understanding

The socialization program has increased the understanding of the community, especially pregnant women and parents of young children about the importance of a balanced diet in maintaining the health and growth of children. They are now more aware of the positive impact that nutritious food can have.

2. Improved Physical Health

Pregnant women who receive supplementary food experience improvements in their own health and the health of their fetuses. Children under five who receive supplementary food also experience better physical growth, which is reflected in their increased weight and height.

3. Decrease in Stunting Rate

One of the most significant impacts is the reduction in stunting rates in Undaan Tengah Village. The supplementary feeding program contributed significantly to the reduction of stunting in the community. Providing foods rich in protein, vitamins and minerals will help your child develop more optimally.

4. Increased Health Awareness

The program has increased community awareness on the importance of balanced nutrition in maintaining good health. Communities are now more aware of the positive impact that nutritious food can have and have made it an integral part of their lifestyle. This helps reduce the risk of health problems associated with poor nutrition, such as stunting, iron deficiency, and other health issues.

5. Changes in Nutrition Practices
Pregnant women and parents of children under five have started adopting better nutritional practices in the preparation and serving of their family meals. They are now more careful in selecting nutritious food ingredients and cooking them in a way that maintains nutritional quality.

6. Women's Empowerment
The program often strengthens the role of women in maintaining family health and nutrition. Mothers become more active in choosing food and taking better care of their children.

7. Support for Health Workers
The program also increases community support for local health workers. Health workers feel supported in their efforts to improve community health.

8. Positive Influence on the Younger Generation
Children who grow up in a more nutrition-conscious environment have a greater chance of growing up well and have a better understanding of the importance of healthy food. This creates a positive change in future generations.

Overall, the stunting program has created tangible changes in the health and well-being of pregnant women and children under five in Undaan Tengah Village. The socialization and supplementary feeding programs for pregnant women and children under five not only provide immediate health benefits, but also create broader social change within the community. Through increased understanding, changed practices and collaborative support, the community has moved towards a better understanding of the importance of balanced nutrition and good childcare. This is an important first step in solving stunting and improving the overall well-being of the community.

5. Conclusion

Stunting is a problem in which efforts to prevent and eliminate the number of children experiencing stunting symptoms are a shared responsibility, and in this case, students are also included. Because stunting can have other impacts on the social environment. We can imagine that delayed growth will hamper physical and mental development, resulting in low school dropout rates and decreased thinking ability. Through the Real Work Lecture in 2023, students are able to contribute to the community to reduce stunting. One of the efforts to eradicate stunting is by understanding the nutritional intake of children with signs of stunting and trying to provide additional nutrition as well as education and community support.

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Conflict of Interest

The authors declare no conflicts of interest.

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