



Improving Understanding In Preventing Stunting In The First 1,000 Days Of Life

Peningkatan Pemahaman Dalam Mencegah Kejadian Stunting Pada 1000 Hari Pertama Kehidupan

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Article History: Received: 1-8-2022 Revised: 23-11-2022 Accepted; 20-12-2022 Published: 29-12-2022	Abstract The World Health Organization (WHO) defines stunting as a state of very short stature that exceeds a deficit of 2 SD below the median length or population height which is an international reference (Trihono, et al., 2015). Stunting is closely related to the first 1000 days of life (HPK) period. . The 1000 HPK period is an important period or a golden period for growth and development. 1000 HPK starts from pregnancy until the child is 2 years old. 1000 HPK is called the Window of Opportunity because during this period organ systems experience a very rapid increase in growth and development. Based on data from Basic Health Research (Riskesdas), the prevalence of stunting in Indonesia fluctuated, namely in 2007 it was 36.8%, 35.6% (2010), 37.2% (2013), and 30.8% (2018). Based on Riskesdas, the prevalence of stunting in West Sumatra fluctuated, namely in 2007 it was 36.5%, 32.7% (2010), 39.2% (2013), and 29.9% (2018). This community service activity is carried out in Kelurahan Andalas Padang by providing counseling to mothers who have toddlers. This activity was carried out on June 30, 2022.1000 First Day. Keywords: Stunting, 1000 HPK, Pregnant Women Abstrak <i>World Health Organization</i> (WHO) mengartikan <i>stunting</i> adalah keadaan tubuh yang sangat pendek hingga melampaui defisit 2 SD di bawah median panjang atau tinggi badan populasi yang menjadi referensi internasional (Trihono,dkk., 2015). <i>Stunting</i> erat kaitannya dengan periode 1000 Hari Pertama Kehidupan (HPK). Periode 1000 HPK merupakan periode penting atau periode emas untuk pertumbuhan dan perkembangan. 1000 HPK dimulai dari kehamilan hingga anak berumur 2 tahun. 1000 HPK disebut dengan <i>Window of Opportunity</i> karena periode ini sistem organ mengalami peningkatan pertumbuhan dan perkembangan yang sangat cepat. Berdasarkan data hasil Riset Kesehatan Dasar (Riskesdas) prevalensi <i>stunting</i> di Indonesia berfluktuasi yaitu tahun 2007 sebesar 36,8%, sebesar 35,6% (2010), 37,2% (2013), dan 30,8% (2018). Berdasarkan Riskesdas, prevalensi <i>stunting</i> di Sumatera Barat berfluktuasi yaitu tahun 2007 sebesar 36,5%, 32,7% (2010), 39,2% (2013), dan 29,9% (2018). Kegiatan pengabdian masyarakat ini dilakukan di Kelurahan Andalas Padang dengan memberikan penyuluhan kepada ibu – ibu yang mempunyai balita. Kegiatan ini dilakukan pada tanggal 30 Juni 2022.1000 Hari Pertama. Kata kunci: Stunting, 1000 HPK, Ibu Hamil
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PRELIMINARY

Nutritional problems are still in the spotlight in Indonesia, especially nutritional problems in toddlers. The health condition and nutritional status of children under five is an indicator of the nutritional status of public health. This is due to cases of malnutrition or malnutrition, *stunting*/Shortage and other nutritional problems will be a burden to both families and communities and the country. *Stunting* is a chronic nutritional problem caused by insufficient nutritional intake for a long time due to the provision of food that is not in accordance with nutritional needs. *World Health Organization* (WHO) means *stunting* is a state of very short body that exceeds a deficit of 2 SD below the median length or height of the population which is an international reference (Trihono et al, 2015) Based on the target *World Health Assembly Nutrition* (WHAN) in 2025 has a target of reducing the proportion *stunting* in toddlers by 40% (International Food Policy Research Institute, 2014).

Stunting closely related to the period of the First 1000 Days of Life (HPK). The 1000 HPK period is an important period or a golden period for growth and development. 1000 HPK starts from pregnancy until the child is 2 years old. 1000 HPK is called *Window of Opportunity* Due to this period the organ systems experience a very rapid increase in growth and development. This period is the right period for improving nutrition and paying attention to the growth and development of children so that it will have a big impact on the population with malnutrition. If a child suffers from malnutrition for 1000 HPK, then the child may suffer from growth disorders such as *stunting* which is *irreversible*. It means when the child has experienced *stunting* then it will not have the opportunity to catch up on growth and development in the future (Thurow, 2016).

The 1000 HPK period has been around for a long time but has never been the center of public health policy attention. But now at the global level there is a nutrition improvement movement with a focus on the 1000 HPK group called *Scaling Up Nutrition* (SUN) and in Indonesia it is called the National Movement for the Acceleration of Nutrition Improvement in the framework of 1000 HPK (Ministry of Health RI, 2012).

According to UNICEF (1990) the factors that cause *stunting* consists *immediate causes* or direct causes, namely lack of nutritional intake, and infectious diseases. *Underlying causes* or indirect causes at the family level, namely environmental hygiene and access to health services, parenting styles, availability and household consumption patterns. *Basic causes* or the basic causes of the community level, namely education, politics and government, resource leadership and finance as well as socio-economic politics and the environment (Martorell, 2017).

UNICEF in 2014 released results that more than 162 million children under 5 years in the world experienced *stunting*. Based on WHO data in the African region prevalence *stunting* in 2010 (37.2%), 2015 (34.6%) and 2017 (33.6%). Prevalence *stunting* in Africa is not much different from the prevalence *stunting* in South East Asia. Prevalence *stunting* in Southeast Asia, namely in 2010 (39.5%), 2015 (34.8%) and 2017 (33.0%). However, when compared to developed countries in the American region, there is a very significant difference. In 2010 prevalence *stunting* in America it is 7.9% and in 2017 it is 6.3%. The magnitude of the problem in Southeast Asia is almost the same as the problem *stunting* in the African region but it is far different from developed countries such as in the Americas (WHO, 2018).



Based on data from Basic Health Research (Riskesdas) prevalence *stunting* in Indonesia fluctuated, namely in 2007 by 36.8%, by 35.6% (2010), 37.2% (2013), and 30.8% (2018). Based on Riskesdas, prevalence *stunting* in West Sumatra fluctuated, namely in 2007 at 36.5%, 32.7% (2010), 39.2% (2013), and 29.9% (2018). Despite the prevalence *stunting* experienced a downward trend in Indonesia and West Sumatra in 2018 but is still a problem because the prevalence rate is more than 20%. According to WHO, a region is said to be good if an area has a prevalence of under-fives *stunting* less than 20%. Meanwhile, if an area has a figure of 20% or more, it can be said that an area has acute and chronic nutritional problems (Kemenkes RI).

Stunting is one of five health problems that is being prioritized to be addressed in Indonesia. According to the presentation from dr. Andalas University microbiology expert brother, Indonesia's national stunting rate is already worse than Africa. The cause of the stunting problem is one of the priority health problems in Indonesia.

From the results of research by the brothers and friends, in West Sumatra, several districts/cities said that the majority of their children were stunted. The city of Padang is a province of West Sumatra, especially in the working area of the Andalas Health Center, cases of stunting and malnutrition were also found. From this case innovation emerged. nutrition home by the Community Health Center to improve the nutritional intake of children with nutritional problems and stunting. However, the Ikhwan explained that the problem of stunting was not only due to a lack of nutritional intake, but there were other factors such as the quality of digestion, the quality of metabolism, the child's genes, etc.

METHOD

This community service activity was carried out in Andalas Padang Village by providing counseling to pregnant women and those with toddlers. This activity was carried out on June 30, 2022.

RESULTS AND DISCUSSION

This community service activity in the form of counseling is carried out on Thursday/30 June 2022 at 07.30 – 12.00 WIB. This activity was attended by 31 residents in the working area of the Andalas Health Center who have babies and toddlers. Counseling aims to increase the target group's understanding of stunting prevention from Rt 02 Rw 02 kelurahan. the target group who attended consisted of pregnant women, mothers with babies and toddlers as well as grandmothers who look after babies under five at home. Mother's work causes babies and toddlers to be entrusted to grandmothers so that grandmothers' understanding is needed in preventing stunting.

Stunting can be prevented by paying attention to nutrition and behavior that must be applied by mothers and families during the first 1000 days of life (HPK). And through outreach activities, there is still a lack of understanding of the target group in understanding the importance of 1000 HPK in preventing stunting. After being given counseling, the target group's knowledge and experience of the importance of the 1000 HPK increased. This can be seen from the response from the counseling participants and the follow-up that had been agreed with groups of pregnant women and mothers with babies who expressed their willingness to carry out the recommendations given to prevent stunting in infants and toddlers. Extension activities in increasing the target group's understanding of stunting prevention can be seen in the following figure:



Figure 1. Outreach activities about the importance of preventing stunting in 1000 HPK

The first 1000 day period is often called *window of opportunities* or often also called the golden period (golden period) based on the fact that during the fetus to the age of two years a process of growth and development occurs that is very fast and does not occur in other age groups. The early period of life is also often called the sensitive period. The development of human brain cells at that time was very decisive, so if there was a disturbance during this period it would have a permanent impact, irreparable.

According to the Minister of Health, the term 1000 first days of life or the first-thousand days was introduced in 2010 since the Scaling-up Nutrition Movement was launched at the global level. This is a systematic effort that involves various stakeholders, especially the government, the business world, and the community, to pay special attention to pregnant women up to 2 years of age, especially their food, health and nutritional needs.

Failure to thrive in the first 1000 days of life, apart from causing physical growth disturbances, will also cause metabolic disturbances, particularly disturbances in the metabolism of fats, proteins and carbohydrates which in turn can lead to the emergence of non-communicable diseases such as obesity, diabetes and coronary heart disease in adulthood. .



The First 1000 Days of Life are very important because all the important organs and systems of the body begin to form rapidly. The development that begins is the health of the digestive tract, the development of metabolic organs, cognitive development, physical growth, and the maturity of the immune system. The First 1000 Days of Life is very important because it is a golden period and cannot be repeated.

A pregnant woman must struggle to maintain her nutritional intake so that the formation, growth and development of her fetus is optimal. Ideally, the baby's weight at birth is not less than 2500 grams, and the baby's body length is not less than 48 cm. This is the reason why every newborn baby will be measured for body weight and length, and monitored continuously, especially during the golden period of growth, which is 0 to 2 years.

Provision of supplementary food that focuses both on macronutrients and micronutrients for toddlers and pregnant women is needed in the context of preventing Low Birth Weight Babies (LBW) and toddler stunting. to support nutritional needs while at school and at a young age. The additional food provided can be in the form of local food-based family meals with recommended recipes.

CONCLUSION

The problem of stunting is a nutritional problem faced by the world, especially in poor and developing countries. Stunting is a failure of growth due to the accumulation of insufficient nutrition that lasts for a long time from pregnancy to the age of 24 months. There are many factors that cause the high incidence of stunting in toddlers. a problem compared to other malnutrition problems. Globally the policies undertaken to reduce stunting are focused on the first 1000 days group or what is called scaling up nutrition.

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