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Evaluation of Feeding Practices for Infants and Children (PMBA) for Stunting Children in Lombok

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Abstract. West Nusa Tenggara (NTB) is ranked seventh as the province with the highest prevalence of stunting in Indonesia. Feeding Practices for Infants and Children (PMBA) is one of the specific nutritional interventions that can be carried out to prevent and overcome stunting. This study is a cross-sectional study design with structured interviews using a questionnaire to see the characteristics of PMBA in mothers of stunting toddlers aged 6-24 months. The research respondents were 35 mothers of stunting children who were selected using a purposive sampling technique. Feeding age accuracy: 80% age accuracy; 11.4% given earlier than their age, and 8.6% later than their age. Feeding frequency: 77.1% were given 3 times a day; 17.1% were given two meals a day; and 5.8 % were given one meal a day. Amount of food as measured: 25.7% used up and 74.3% remaining. Age-appropriate texture / consistency: 85.7% correct and 14.3% incorrect. Diversity of food: 91.4% non-diverse and 8.6% diverse. Feeding method; 100% fed, using a spoon 25,7% and using hands 74,3%.. Hygiene: 91.4% mothers / caregivers do not wash their hands with soap and only 8.6% wash their hands with soap before feeding their children. Conclusions :The feeding rules for stunting toddlers are still not in accordance with PMBA guidelines.

Keywords: PMBA, Stunting, toddlers, evaluation, feeding practices

1. Introduction

Stunting is short stature, height or length not suitable for age, this is due to insufficient nutritional intake or poor health, in other words, stunting is a problem of failure to thrive.¹ Toddlers are not growing optimally as they should be due to chronic malnutrition.^{1,2} The main factor causing the high problem of stunting in Indonesia, one of which is poor nutrition intake since the fetus is still in the womb (pregnancy), newborn, until the child is two years old.³

Indonesia is included in the third country with the highest prevalence in the Southeast Asia / South-East Asia Regional (SEAR) region, with the average prevalence of stunting under five in Indonesia in 2005-2017 is 36.4%.⁴ Based on 2018 Riskesdas data, West Nusa Tenggara (NTB) is in seventh place as the province with the highest prevalence of children under five with stunting in Indonesia.⁵ Stunting has an impact not only on length or height, but also on the level of intelligence, susceptibility to disease and decreased productivity.^{6,7,8} WHO sets a maximum tolerance limit for stunting of 20% or one-fifth of the total number of children under five.¹ The very high number of stunting cases under five due to chronic nutrition problems in NTB will become a threat if the stunting problem is not resolved because it will affect the quality of human resources. The position of the NTB HDI (Human Development Index) nationally still ranks 30 out of 34 provinces.⁵

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