Policy Strategies to Reduce Stunting Prevalence in Sawahlunto City

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ABSTRACT

This study analyzes stunting reduction policy strategies in Sawahlunto City, one of the areas with the highest stunting prevalence in Indonesia. Stunting is a condition of low height of children according to their age, which can interfere with children's physical and mental development. Using a qualitative descriptive approach, research data were obtained from primary data from interviews and secondary data from documentation studies. Data is analyzed by source triangulation techniques, reducing data, presenting data, and drawing conclusions. The results of this study show that the stunting reduction policy strategy is in the form of a healthy kitchen program to overcome stunting (Dashat), which aims to increase balanced nutrition intake for families at risk of stunting through the provision of healthy food sources, processing of nutritious supplementary foods, providing nutritional counseling and cooking training, as well as monitoring and evaluating the nutritional status of children. Nevertheless, this policy strategy has not been successful because.

KeyWords: Strategy, Supporting Factors, Inhibiting Factors, Stunting, Sawahlunto City.

INTRODUCTION

Stunting is a disorder of growth and development of children due to chronic malnutrition and repeated infections, indicated by their length or height being below the standards set by the Ministry of Health (Prawirohartono, 2021). The direct causal factors are access to health services for prevention and treatment, availability, affordability, and access to nutritious food and a healthy environment, as well as infant and child feeding practices related to the social environment. The indirect causative factors are inadequate nutritional intake and infections influenced by poverty, poor parenting, hygiene, and inadequate health services (Sarman & Darmin, 2021). Stunting is a disorder of growth and development of children due to chronic malnutrition and repeated infections, indicated by their length or height being below the standards set by the Ministry of Health (Prawirohartono, 2021). The direct causal factors are access to health services for prevention and treatment, availability, affordability, and access to nutritious food and a healthy environment, as well as infant and child feeding practices related to the social environment. The indirect causative factors are inadequate nutritional intake and infections influenced by poverty, poor parenting, hygiene, and inadequate health services (Sarman & Darmin, 2021).

To achieve healthy, smart, and productive human resources and sustainable development goals, the Indonesian government issued Presidential Regulation No. 72/2021 which regulates the national strategy to accelerate the reduction of stunting. Stunting is a

condition of children who experience growth and developmental barriers due to chronic malnutrition and recurrent infections, which can be seen from their length or height lower than the standards of the Ministry of Health (Prawirohartono, 2021). The national strategy includes: reducing the stunting rate, improving the quality of family life preparation, ensuring nutritional fulfillment, improving parenting, improving access and quality of health services, and increasing access to drinking water and sanitation. The target is to reduce the stunting rate of children under 5 years old to 14% by 2024. Reducing stunting is a national priority that is implemented at all levels and sectors (Sulastri, 2020). Based on the 2018 Riskesdas, the national stunting rate for children under 5 years old decreased by 6.4% in 5 years, from 37.2% (2013) to 30.8% (2018). The 2016 Global Nutrition Report ranked Indonesia 108th out of 132 countries in terms of stunting prevalence (Juita & Yusran, 2022).

Policy strategy has been widely discussed by scholars. For example, policy strategy is an approach that combines policy and strategy to achieve specific goals in a complex problem area and across different sectors or jurisdictions (Rayner & Howlett, 2009; Alhadi et al., 2020). There are interrelationships between internal and external factors between and within the structure of the system of sub-aspects that influence policy design (Ronda-Pupo & Guerras-Martin, 2011; Gan et al., 2023). Strategy is a way taken by individuals and organizations to realize goals. Strategy is a pattern of allocating company resources to improve their performance. Strategy is understanding the structure and dynamics of the industry, determining the relative position of the organization within the industry, and taking action to change the industry structure or organizational position to improve organizational results. Strategy is a comprehensive plan to achieve and sustain organizational goals in a changing environment. The strategy involves conditional decisions about future actions that correspond to specific goals. Strategy also provides long-term direction for the organization and helps the company deal with change. Strategy is a pattern or plan that combines the company's goals, policies, and actions in a consistent statement (Sule, 2019; Fachrisa, 2019; Saputra, 2021).

However, the strategy to reduce the prevalence of stunting in Indonesia has not been successfully implemented by Presidential Regulation No. 72/2021. The reduction has not yet reached the set target, because there are still many obstacles faced. For example, there are differences between OPDs (Febrian & Yusran, 2021). As a result, the handling of the achievement of the implementation of the policy strategy to reduce the prevalence of stunting has not been optimally carried out because there are still certain technical obstacles in the implementation of each OPD. This study aims to explain the policy strategy to reduce stunting prevalence in Sawahlunto city and the factors that influence the achievement of the stunting reduction policy strategy.

METHODS

This research uses a descriptive qualitative method to reveal the phenomenon as it is based on research findings from interviews. Data were collected and then validated using triangulation techniques, namely finding sources from observations and literature studies. Furthermore, the data was analyzed according to the procedure of Huberman & Miles (2002), namely data reduction, presenting data, and drawing accurate conclusions. The researcher selected informants using a purposive sampling technique. Informants related to

stunting reduction strategies are people who understand the issues studied. These informants are the Head of Population Control of Dinkesdalduk-KB Sawahlunto City, nutrition program manager of Dinkesdalduk-KB Sawahlunto City, Coordinator of Detention and Welfare of Dinkesdalduk-KB Sawahlunto City, Public health center of Talawi Sub-district, Local Government of Talawi Mudik Village, Posyandu cadres and parents of toddlers at risk of stunting in Talawi Mudik Village.

RESULTS

Stunting prevalence in Sawahlunto City decreased from 8.1% in 2020 to 5.6% in 2022 but is still higher than the national target of 14%. The high rate of stunting in Sawahlunto City prompted the government to establish Mayor's Regulation No. 66/2022 on an integrated stunting reduction and prevention acceleration strategy. The purpose of this Perwako is to realize the convergence of programs to accelerate the reduction and prevention of stunting and improve the quality of nutrition for individuals, families, and communities. The policy strategy to reduce stunting prevalence in Sawahlunto City is implemented through the Healthy Kitchen to Dashat program. Dashat program is a policy strategy to reduce stunting in Sawahlunto City. This program empowers the community by providing balanced and nutritious nutrition from local resources for families at risk of stunting, balanced nutritious supplementary food, and nutrition IEC and training to prevent and manage stunting and prepare the golden generation.

In the context of providing balanced and nutritious nutrition from local resources for families at risk of stunting where this program provides plant seeds for healthy and nutritious food sources. Activities such as providing free egg food, providing green plant seeds, socializing and motivating the community to consume the egg food, and planting plant seeds so that later they can be directly consumed so that nutrition is fulfilled from healthy food sources. the provision of balanced and nutritious nutrition is provided by the Health Office of Population Control and Family Planning of Sawahlunto City to the community, especially families at risk of stunting.

Furthermore, in balanced nutritious supplementary food where the activity demonstrates and processes balanced nutritious supplementary food to families at risk of stunting through the provision of balanced nutritious healthy food for the target per day consisting of 1 lunch and 2 snacks, as for the food menu provided in the form of fish soup, milk pudding, mung bean porridge which will be able to meet the daily nutritional needs of toddlers at risk of stunting. This activity focuses on food management from local foods that are affordable, flavorful, and well-nourished to make solid food. The Population Control and Family Planning Health Office hopes that this program can invite the community, especially parents of toddlers at risk of stunting, to be able to manage various types of dishes that are delicious, healthy, nutritious, and of course attractive to children according to their needs and use for the toddler's Lastly is KIE nutrition and training to prevent and handle stunting and prepare the golden generation which consists of training for families on the risk of stunting to reduce, handle stunting and prepare the golden generation carried out to increase public knowledge such as pregnant women, breastfeeding mothers and young women who will later become prospective brides. This KIE activity is carried out by posyandu cadres once a month, this activity takes place at the posyandu when posyandu activities are being carried out. This activity aims to change healthy living behavior.

CONCLUSIONS

The policy strategy to reduce stunting in Sawahlunto City is through the healthy kitchen program Dashat. Dashat program is a policy strategy to reduce stunting in Sawahlunto City. This program empowers the community by providing balanced and nutritious nutrition from local resources for families at risk of stunting, balanced nutritious supplementary food, and nutrition IEC and training to prevent and manage stunting and prepare the golden generation. The results of this study show that the policy strategy to reduce stunting is in the form of a healthy kitchen program Dashat, which aims to improve balanced nutritional intake for families at risk of stunting by providing healthy food sources, processing nutritious supplementary food, providing nutritional counseling and cooking training, and monitoring and evaluating the nutritional status of children. However, this policy strategy has not been successful due to limited resources, differences in understanding and attitudes between program implementers and the community, and lack of budget.

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