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ECOLOGICAL ANALYSIS OF STUNTING TODDLERS IN EAST NUSA TENGGARA PROVINCE IN 2021

Yulianti Nataya Rame Kana¹, Mohammad Zainal Fatah¹, Muji Sulistyowati¹

¹ Fakultas Kesehatan Masyarakat Universitas Airlangga, Surabaya

¹ Email correspondence: ramekana@gmail.com

Track Record Article	Abstract Stunting is a chronic condition that results in stunted growth of children under five due to malnutrition for a long time. The objective of this study is to analyze the factors associated with the occurrence of stunting in East Nusa Tenggara Province in the year 2021. An ecological approach is employed in this study, utilizing secondary data obtained from the 2021 East Nusa Tenggara Province Health Profile report. The data examined specifically focuses on the status of stunting in toddlers. The data obtained was subjected to both univariate and bivariate analyses. Bivariate analysis involved the utilization of cross-tabulation to examine the relationships between variables. The results of the study show that the prevalence of stunting status in toddlers is in the moderate category (16.04-24.07%). This happened as the coverage of ANC visits in districts/cities was in the low category (40.0-61.6%), history of LBW in districts/cities was in the low category (3.0-6.6%) and breastfeeding exclusively in districts/cities that are in the high category (65.67-93.0%). Stunting among toddlers in the province of East Nusa Tenggara in 2021 is in the moderate category along with ANC visits in districts/cities which are in the low category, history of LBW in districts/cities is in the low category and exclusive breastfeeding in districts/cities is also in the low category. To accelerate stunting prevention in Indonesia, it is essential to have synchronized efforts in planning, implementation, and monitoring at all government levels, including villages. The active involvement of all stakeholders is crucial in achieving this goal. Keyword: Ecological Analysis, Stunted, Community Nutrition, Secondary Data
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INTRODUCTION

The period of early childhood is a critical phase in the survival and development of children. Stunting refers to a persistent condition characterized by impaired growth and development in children under the age of five as a consequence of prolonged malnutrition. According to Amin and Julia (2016), the WHO Child Growth Standard defines stunting as a condition where the body length index for age, also known as TB/U, falls below a z-score of less than -2 standard deviations. Stunting refers to a long-term nutritional issue seen in young children, characterized by a diminished height in relation to their peers of the same age. Children affected by stunting are more prone to illness, and as adults, they face a high likelihood of developing chronic diseases later in life. In addition, stunting can affect the level of intelligence of children. The problem of stunting in toddlers needs special attention (Pusat Data dan Informasi Kementerian Kesehatan RI, 2018).

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The occurrence of **stunting** among toddlers is impacted by a range of factors, which include characteristics specific to the child, parental factors, socio-economic circumstances, and environmental elements. These factors comprise aspects such as a history of low birth weight, immunization status, family size, inadequate intake of essential nutrients (such as energy, iron, protein, calcium, and zinc), colostrum feeding, breastfeeding practices (including age, type, and frequency), hygiene practices like handwashing, maternal occupation, maternal knowledge, low household income, previous infectious diseases, environmental cleanliness and sanitation, parental height (especially the mother's height), and deficiencies in **vitamins C and D** (Halim et al., 2021).

According to the **Ministry of Health (2018)**, the issue of **stunting is** prevalent among the majority of young children in impoverished and developing nations like Indonesia. Globally, Indonesia holds the 17th position out of 117 countries in terms of **stunting prevalence**. Compared to several other middle-income countries like **Malaysia (20%) and Thailand (10.5%)**, Indonesia exhibits a higher prevalence of stunting (Pratiwi, 2019); (Budiastutik and Rahfiludin, 2019).

Stunting among young children remains an unresolved health issue worldwide, including in Indonesia. The primary focus of **the Indonesian government** is to decrease the **prevalence of stunting** in toddlers, making it a key priority on their agenda. The Vice Presidential Secretariat plays a coordinating role in expediting stunting prevention efforts to ensure coherence in planning, implementation, and monitoring and evaluation across various government levels, including village levels. They strive to engage all stakeholders in accelerating stunting prevention, with the goal of reducing the prevalence to 14% by 2024 (Tim Percepatan Pencegahan Anak Kerdil/Stunting), 2020).

Based on the 2022 Indonesian Nutrition Status Survey (SSGI) nutritional status report conducted by **the Health Development Policy Agency of the Indonesian Ministry of Health** (2022), information was obtained that the highest prevalence of stunting in toddlers (height for age) was in the **province of East Nusa Tenggara**, namely 35.3%. When compared with the average prevalence of stunting in children under five in Indonesia, which is 21.6%, the **province of East Nusa Tenggara** still needs special attention. There are strategies and efforts to prevent stunting in toddlers that should be carried out more intensively, especially in the **province of East Nusa Tenggara**.

The objective of this study is to examine the impact of antenatal care (ANC) visits, history of low birth weight (LBW), and exclusive breastfeeding on the occurrence of stunting among toddlers in all districts and cities of East Nusa Tenggara Province in 2021. Employing an ecological approach, this research aims to offer insights into the prevailing trends across Indonesia, thereby serving as a foundation for future policy-making endeavors.

METHODS

The research was conducted utilizing an ecological analysis approach, which primarily involves making comparisons between groups rather than individuals. The analysis was based on aggregate data collected at the district/city level. Ecological analysis considers variables that are measured in an aggregated form, including measurements that pertain to the environment or have a global scope (Laksono and Kusri, 2020; Morgenstern, 1995).

This study was conducted by utilizing secondary data from the 2021 East Nusa Tenggara Province Health Profile report. The report was officially issued by the East Nusa Tenggara Provincial Health Office. Data is available at the link <http://dinkesdukcapil.nttprov.go.id/>. The units analyzed in this study are districts/cities. All regencies/cities in East Nusa Tenggara Province were analyzed totaling 22 regencies/cities. A comprehensive analysis was conducted on a total of 22 districts/cities, encompassing the entire sample size, for this study. The main variable to be predicted is the proportion of stunting in children under five, namely the number of all stunting incidents reported in each district/city. The predictor variables consist of the percentage of ANC visits by district/city, the proportion of LBW history recorded in each district/city and the percentage of exclusive breastfeeding recorded in each district/city. Each variable was divided into three strata, with an equal number of points deducted for statistical purposes. Descriptive analysis was employed, utilizing cross tabulation to examine the data.

Table 1. Source of Ecological Analysis Data from The East Nusa Tenggara Province Health Profile 2021

Source	Variable Type	Variable Name
East Nusa Tenggara Province Health Profile for 2021	dependent	Proportion of Stunting in Toddlers
	Independent	Percentage of ANC Visits
	Independent	Proportion of LBW history
	Independent	Percentage of Exclusive Breastfeeding

The proportion of stunting among toddlers serves as the dependent variable in this study. Alongside this dependent variable, three independent variables were analyzed: the percentage of ANC visits, the proportion of children with a history of low birth weight (LBW), and the percentage of exclusive breastfeeding. The data were subjected to both univariate and bivariate analyses. Bivariate analysis involved the use of cross-tabulation to examine the relationships between variables. The entire analysis process was conducted using SPSS 26 software.

RESULTS

Statistical descriptions of stunting in toddlers in East Nusa Tenggara Province in 2021 and three related variables are shown in table 2. The distribution of stunting in toddlers as the dependent variable and history of LBW as one of the independent variables listed in the table has a negative meaning, namely the higher the proportion number indicates the high problem of stunting in toddlers. Meanwhile, the 2 independent variables in this study, namely ANC visits and exclusive breastfeeding, have a positive meaning, namely the higher the percentage, the better the score.

Table 2 shows a statistical description of the proportion of stunting among toddlers in East Nusa Tenggara Province in 2021 and three related variables, namely ANC visits, history of LBW and exclusive breastfeeding. The distribution of the dependent variable, namely the proportion of stunting in children under five, has a negative meaning, namely the greater the proportion number indicates the high incidence of stunting in children under five. The three independent variables in this study have a positive meaning, that is, the greater the proportion number, the better the value.

Table 2, it is known that the average proportion of stunting in children under five from 22 districts/cities in East Nusa Tenggara Province is 19.94% with a minimum value of 8% and a maximum value of 32.1%. Based on the 2021 East Nusa Tenggara Health Profile, it is known that the lowest score comes from Central Sumba Regency, while the highest number comes from South Central Timor Regency. (Dinas Kesehatan Provinsi Nusa Tenggara Timur, 2021).

Table 2. Description of Variable Statistics Related to Stunting in Toddlers in East Nusa Tenggara Province in 2021

	Stunting in Toddlers	ANC Visit	LBW History	Exclusive Breastfeeding
N	22	22	22	22
Mean	19.936	66.59	6.91	70.55
Median	19.950	64.50	7.00	78.50
Mode	18.9	57	7	72
Std. Deviation	6.3255	15.519	2.844	23.112
Variance	40.012	240.825	8.087	534.165
Range	24.1	65	11	82
Minimum	8.0	40	3	11
Maximum	32.1	105	14	93

Table 3 shows the results of the cross-tabulation of the variable proportion of stunting in children under five with the independent variable the proportion of ANC visits in East Nusa Tenggara Province. In Table 3, it can be seen that in the low ANC visit category ((40.0-61.6%), it is dominated by stunting in toddlers in the moderate category (16.04-24.07%), which in 7 districts/cities. Meanwhile, visits ANC is in the moderate category (61.7-83.3%), dominated by stunting in toddlers in the low category (8.0-16.03%), which in 4 districts/cities, then ANC visits are in the high category (83.4-105.0 %) seems to be dominated by stunting in toddlers in the high category (24.08-32.1%), which in 2 districts/cities. This scientifically proven that the higher the percentage of ANC visits in a district/city, the lower the proportion of stunting in toddlers.

Table 3. Results of Cross-tabulation of the Proportion of Stunting in Toddlers and the Proportion of ANC Visits in East Nusa Tenggara Province in 2021

ANC Visit	Stunting in Toddlers					
	Low (8,0-16,03%)		Moderate (16,04-24,07%)		High (24,08-32,1%)	
	n	%	n	%	n	%
Low (40,0-61,6%)	1	16,5	7	63,6	2	40
Moderate (61,7-83,3%)	4	67	3	27,3	1	20
High (83,4-105,0%)	1	16,5	1	9,1	2	40
Total	6	100	11	100	5	100

Table 4 shows the results of the cross-tabulation of the variable proportion of stunting in under-fives with the independent variable the proportion of LBW history. In Table 4, it is

known that in the low LBW history category (3.0-6.6%), stunting is seen in the moderate category (16.04-24.07%), which in 5 districts/cities. Meanwhile, the history of LBW in the moderate category (6.7-10.3%) was dominated by stunting in toddlers in the moderate category (16.04-24.07%), which in 4 districts/cities. Then the history of LBW was in the high category (10.4-14.0%), dominated by stunting in toddlers in the moderate category (16.04-24.07%), namely 2 districts/cities. This scientifically proven that the higher the proportion of LBW in a district/city, the higher the proportion of stunting in toddlers.

Table 4. Cross Tabulation of the Proportion of Stunting in Toddlers and the Proportion of LBW History in East Nusa Tenggara Province in 2021

LBW History	Stunting in Toddlers					
	Low (8,0-16,03%)		Moderate (16,04-24,07%)		High (24,08-32,1%)	
	n	%	n	%	n	%
Low (3,0-6,6%)	2	33,3	5	45,4	2	40
Moderate (6,7-10,3%)	4	66,7	4	36,4	2	40
High (10,4-14,0%)	0	0	2	18,2	1	20
Total	6	100	11	100	5	100

Table 5 shown the results of the cross-tabulation of the variable proportion of stunting in toddlers with the independent variable proportion of exclusive breastfeeding. In table 5 it can be seen that exclusive breastfeeding is in the low category (11.0-38.32%), dominated by stunting in toddlers in the high category (24.08-32.1%), which in 2 districts/cities. Furthermore, exclusive breastfeeding in the moderate category (38.33-65.66%) was dominated by stunting in toddlers who were in the moderate category (16.04-24.07%), which in 1 district/city. Meanwhile, exclusive breastfeeding in the high category (65.67-93.0%) was dominated by stunting in toddlers in the moderate category (16.04-24.07%), which in 9 districts/cities. This scientifically proven that the higher the percentage of exclusive breastfeeding in a district/city, the lower the proportion of stunting in toddlers.

Table 5. Cross Tabulation of the Proportion of Stunting in Toddlers and the Proportion of Exclusive Breastfeeding in East Nusa Tenggara Province in 2021

Exclusive Breastfeeding	Stunting in Toddlers					
	Low (8,0-16,03%)		Moderate (16,04-24,07%)		High (24,08-32,1%)	
	n	%	n	%	n	%
Low (11,0-38,32%)	0	0	1	9,1	2	40
Moderate (38,33-65,66%)	0	0	1	9,1	1	20
High (65,67-93,0%)	6	100	9	81,8	2	40
Total	6	100	11	100	5	100

DISCUSSION

This study adopts an ecological approach, emphasizing comparisons between groups. The analysis focuses on a group of 22 districts/cities within East Nusa Tenggara Province, where the average prevalence of stunting among toddlers is 19.94%. The study encompasses a total of 22 regencies/cities within East Nusa Tenggara Province. The government of the Republic of Indonesia's main objective of reducing the prevalence of stunting in children under the age of five by 14% by 2024 has not been achieved as of now. In this study, three variables associated with stunting in toddlers were examined: the percentage of ANC visits, the proportion of infants with a history of low birth weight, and the percentage of exclusive breastfeeding. These variables were analyzed for each district/city within the province of East Nusa Tenggara.

The coverage of ANC visits refers to the proportion of pregnant women who have received the recommended standard antenatal care at least four times throughout each trimester, in comparison to the total number of pregnant women within a specific work area over the course of one year. The study findings indicate that a majority of the districts/cities in East Nusa Tenggara province have a low coverage of ANC visits, which corresponds to a moderate prevalence of stunting in toddlers. It states that the more districts/cities with low antenatal visits, the more districts/cities with stunting in toddlers in the moderate and high categories. Consistent with these findings, there is a significant association between ANC visits and the occurrence of stunting in infants. Specifically, the quality of antenatal care, including the frequency of ANC visits and adherence to ANC service standards, demonstrates a significant correlation with the incidence of stunting (Yenita and Ruwaida, 2021; Wahyuni et al., 2021).

Low birth weight can result in delays in the growth and development of children and can affect a decrease in children's intelligence and can be a risk factor for anemia in children (Oktaviani et al., 2021). Based on the findings of this study, it shows that most districts/cities in the East Nusa Tenggara province with a history of LBW are in the low category along with stunting in toddlers in the moderate category. This scientifically proven that the more districts/cities with moderate LBW history, the more districts/cities with stunting in toddlers in the moderate category. In line with this study, children with low birth weight experience a much higher probability of stunting compared to children with normal birth weight or in other words, low birth weight increases the incidence of stunting in children. (Halli *et al.*, 2022; Putri *et al.*, 2022). This is different from other studies which state that a child's weight at birth is not related to stunting (Hadisuyitno et al., 2021).

Exclusive breastfeeding is breastfeeding without supplementation of food or other drinks except medicine for babies up to 6 months old. Based on the findings of this study, it shows that most of the districts/cities in the East Nusa Tenggara province with exclusive breastfeeding are in the high category, this is in line with stunting in toddlers in the moderate category. This scientifically proven that the more districts/cities with exclusive breastfeeding in the high category, the more districts/cities with stunting in toddlers in the moderate category. In line with this study, exclusive breastfeeding is a risk factor for stunting in toddlers (Halim et al., 2021). Early initiation of exclusive breastfeeding has been scientifically proven to prevent or minimize the risk of stunting in infants. This is attributed to the fact that breast milk contains an adequate supply of both micro and macro nutrients, including colostrum, which provides essential immunity to infants. Furthermore, the presence of iron, lactose, and other minerals in breast milk significantly supports the development of the baby's brain (Setyowati et al., 2022).

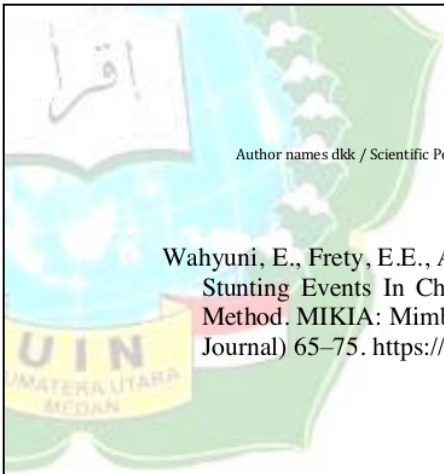
CONCLUSIONS

Based on the outcomes of this study, it can be inferred that the incidence of stunting among toddlers in East Nusa Tenggara province during 2021 is classified as moderate. This is in line with ANC visits in districts/cities which are in the low category, history of LBW in districts/cities which are also in the low category and exclusive breastfeeding in districts/cities which are also in the high category. To expedite the prevention of stunting in Indonesia, it is crucial to concentrate efforts on addressing the underlying causes of stunting. This entails

comprehensive planning, effective implementation, and rigorous monitoring and evaluation at all government levels, including local villages. It is essential to maximize the involvement of all stakeholders in order to accelerate stunting prevention across the country.

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