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Description of nutritional status and the incidence of stunting children in early childhood education programs in Bali-Indonesia

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ABSTRACT

Introduction: Early childhood is often called the golden age that is an active individual with rapid growth and development so the nutritional needs must be met and balanced. Every parent would want a balance between physical growth and optimal mental development in their child. In reality, there are still some cases of under-nutrition, stunting, and wasting in some areas of Bali Province. This is certainly a challenge for governments, especially health providers to reduce and prevent that situation because the lack of nutrients that occur in this golden period is irreversible. The less nutritional status will decrease the cognitive abilities development, the child early sick and low competitiveness. This study aims to know the description of the nutritional status and the incidence of stunting children in early childhood in Bali Province.

Methods: This research was observational with cross-sectional design, involving 53 children in early childhood programs which are scattered in several regencies in Bali Province such as Bangli, Gianyar, Singaraja, and Denpasar. The nutritional status of children was assessed by comparing body weight with age, whereas stunting incidence was evaluated by comparing height with age using an anthropometric standard of child nutritional status assessment based on Minister of Health Decree No. 195/MEKES/SK/II/2010.

Results: This research showed that 35.83% sample were underweight, 60.38% well nourished, and 3.77% overweight. The data after Height/Age measurement has shown that 9.43% sample were short, 73.58% normal, and 16.99% tall.

Conclusion: This study has concluded most of the sample were well nourished (60.38%), nevertheless there was still underweight and overweight sample. According to the Height/Age index can be concluded that most of the sample was normal 73.58%. Also, some of the samples were short and tall.

Keywords: Nutrition status, stunting, early childhood program.

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INTRODUCTION

Early childhood is often called the golden age that is an active individual with rapid growth and development so the nutritional needs must be met and balanced. Moreover, this period is susceptible to the environment contact and more attention is needed, especially the nutritional adequacy. Nutrition problems that occur in toddlers, especially undernutrition and stunting are the impact of the mother's condition/expectant mother during pregnancy, fetal period, toddler, including illness suffered during childhood. Inadequate nutrition and stunting in under five children may inhibit the development of the children, later the negative impacts will occur in life such as intellectual decline, disease susceptibility, decreased productivity to poverty and the risk of low birth weight babies.¹

Every parent would want a balance between physical growth and optimal mental development in their child. Moreover, 10 - 30 years to come, children will face more challenges to their physical and mental health must and be healthy to achieve success in the future. WHO data showed that underweight cases in preschoolers in the world of 15.7% and overweight by 6.6%.² Nationally in Indonesia, the prevalence of malnutrition in 2013 is 19.6%, consisting of 5.7% malnutrition and 13.9% less nutrition.³ Results from Basic Health Research in 2007 to 2013 showed appalling fact that underweight in Indonesia increased from 18.4% to 19.6%, stunting also increased from 36.8% to 37.2%, while wasting decreased from 13.6% to 12.1%. According to WHO, the prevalence of stunting became a public health problem if prevalence is 20% or more.⁴

The trend of nutritional problems in Bali 2015-2017 shows the case of malnutrition decreased very small that is 9.0% (2015) to 8.6% (2017), with the highest prevalence in Didang. Registry 14.4% wasted cases increased 5.9% (2015) to 6.3% (2017)

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