

Stunting in Indonesia and Its Determinants

ANALYSIS OF THE SITUATION AND ISSUES

Nutrition is one of the key aspects for developing quality human resources and nation-building. One of the significant nutritional problems and a global focus is stunting in toddlers.

UNICEF/WHO/World Bank estimate the global prevalence of stunting in toddlers to be 22.3%, or 148.1 million children, in 2022. More than half of the world's stunted toddlers come from Asia (76.6 million), and about 30% (63.1 million) come from Africa (UNICEF/WHO/World Bank Group – Joint Child Malnutrition Estimates 2023 edition).



Sumber Foto: Humas BKK/Novo Setyo R. dan Heny Lestari/Tim SKI

THE RESULTS OF THE INDONESIA HEALTH SURVEY 2023

Based on the results of SKI 2023, the national average recorded a stunting prevalence of 21.5%, and there has been a decrease in stunting prevalence over the past 10 years (2013-2023). However, this progress has not yet met the RPJMN 2020-2024 target, which aims for a stunting prevalence of 14% by 2024.

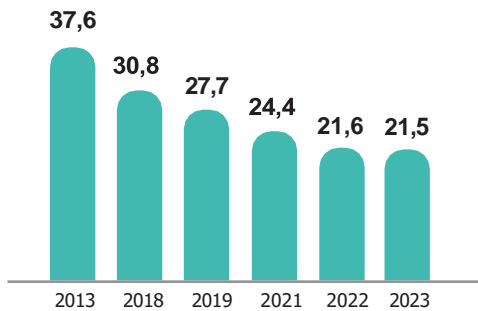


Figure 1. Trends in Stunting Among Toddlers in Indonesia year 2013-2023

Approximately 1 in 5 toddlers in Indonesia experience stunting, with the highest number of cases occurring in the age group of 24 to 35 months.

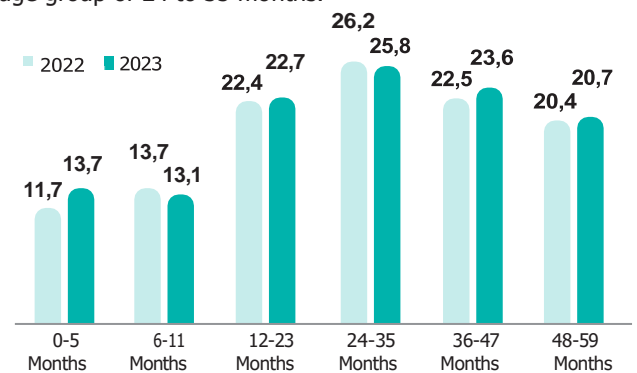


Figure 2. Prevalence of Stunting in the Age Group of 0 - 59 Months

Out of 38 provinces in Indonesia, 15 provinces have a stunting prevalence below the national average. The three provinces with the highest stunting prevalence are Central Papua (39.4%), East Nusa Tenggara (37.9%), and Highland Papua (37.3%).

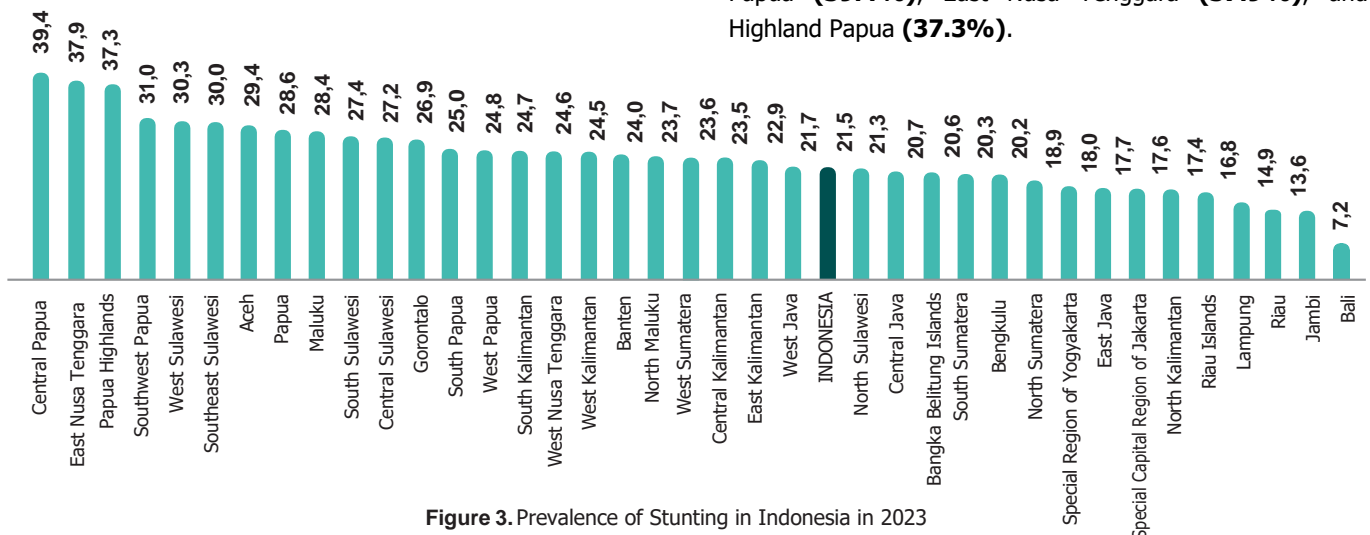
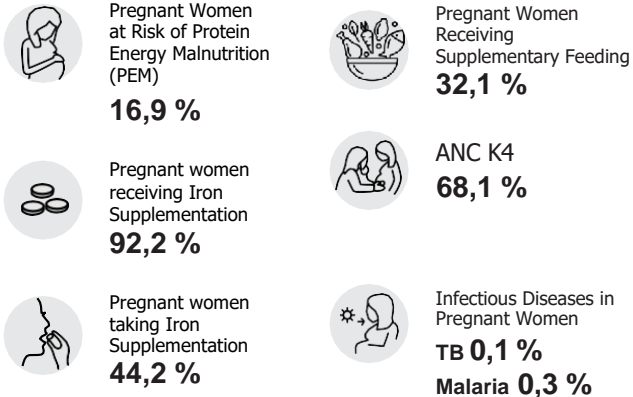


Figure 3. Prevalence of Stunting in Indonesia in 2023

DETERMINANT FACTORS

Determinants of stunting are factors that contribute to the occurrence of stunting in toddlers, and they are interrelated and can reinforce each other. These determinants occur in three periods: prenatal, birth, and postnatal periods.

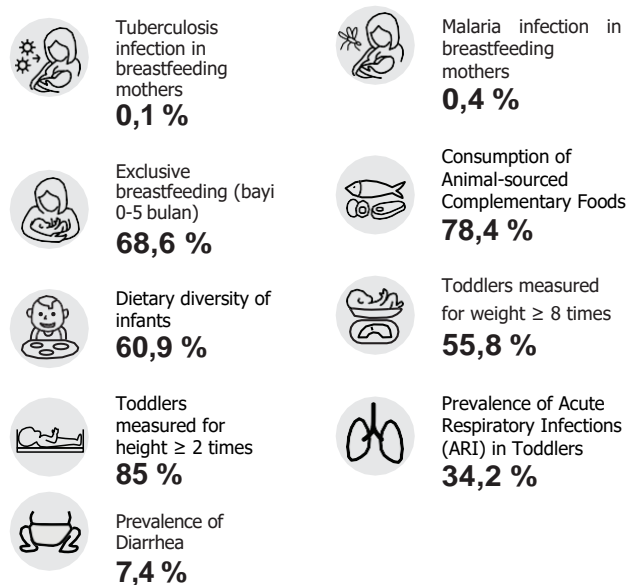
PRENATAL PERIOD (BEFORE BIRTH)



BIRTH PERIOD



POSTNATAL PERIOD (AFTER BIRTH)

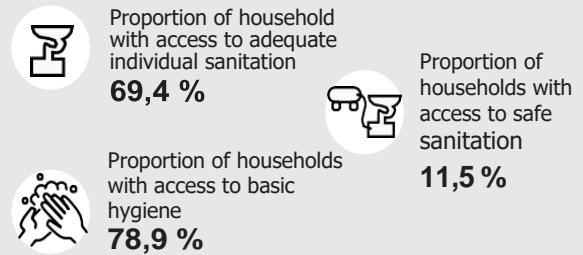


HOUSEHOLD FACTORS

ACCESS TO DRINKING WATER





BASIC SANITATION AND HYGIENE





The critical period for stunting prevention is during the First 1000 Days of Life (F1000DL). Education for mothers and families is crucial to optimize child growth during the F1000DL to prevent stunting. Parenting practices, economic status, low birth weight, and nutritional intake are also factors that need to be considered for stunting prevention.

CONCLUSION

 In 2023, there was a decrease in the prevalence of stunting in toddlers by 0.1%

 Compared to 2022, in 2023, there were 19 provinces that experienced a decrease in the prevalence of stunting in toddlers, while 15 provinces experienced an increase in the prevalence of stunting in toddlers.

 5 provinces with the highest number of stunting cases are West Java, Central Java, East Java, North Sumatra, and Banten.

 The current prevalence of stunting is influenced by various factors during the prenatal and perinatal periods, especially pregnant women with PEM and antenatal care (K4) examinations. Compared to 2022, in 2023, the proportion of pregnant women with PEM increased while antenatal care (K4) decreased. Both of these factors are determinants of nutritional status before childbirth that require attention.

*Materials can be viewed at www.badankebijakan.kemkes.go.id