

# THE PROBLEM OF STUNTING IN CHILDREN

What is stunting? is a problem in growth and development characterized by a child's height that does not match other children of the same age. This usually occurs because the child lacks nutrition and nutrient intake.

The causes of stunting in children are:

## 1. Lack of Nutritional Intake in Mothers During Pregnancy

The World Health Organization (WHO) states that about 20% of stunting cases occur since the child is in the womb. This can occur because the food consumed by the mother during pregnancy is less nutritious so that the fetus does not get enough nutrients. Finally, fetal growth in the womb begins to experience obstacles and continues until after birth.

## 2. Unbalanced eating patterns

An unbalanced eating patterns, such as not eating enough vegetables and fruits as well as protein sources, deprives children of nutrients for growth..

## 3. Lack of access to health services

Lack of access to adequate health services, including routine check-ups, immunizations, and child health care that allow for early detection and treatment of growth problems.

## 4. Environmental Hygiene and Sanitation

Maintaining proper home hygiene is also important. Because stunting can also occur due to lack of cleanliness in the home environment and what is consumed. So, we must pay attention to the cleanliness of the house and children before consuming food. This is to prevent the possibility of diarrhea and worms in children, which are growth inhibitors.

Prevention/How to overcome stunting in children:

1. Provide exclusive breastfeeding to infants until 6 months of age.
2. Monitor children's development and bring them to the posyandu regularly.
3. Ensure that children can consume healthy food and drinks, with sufficient nutritional content, and in the right amount.
4. Provide nutritious and animal protein-rich complementary foods for infants over 6 months of age.
5. Implementing clean and healthy living behaviors. Such as washing hands before eating and others.

Thus, regarding the problem of stunting in children starting from understanding, causes, and prevention or how to overcome it. Stunting is a problem that we cannot underestimate, parents have an important role regarding consistency in providing complete nutrition and the best care for children. If the nutritional intake given to children is consistent, it will reduce and even make children avoid the problem of growth disorders.