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**Stunting prevention and management program in Benteng Urban Village, Warudoyong Sub-District, Sukabumi City**

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**ABSTRACT**

One of the priorities of national development is to create quality and competitive Human Resources. One of the indicators related to the creation of quality human resources is the fulfillment of targets and targets in the health sector, where one of the indicators is the decline in the prevalence of stunting in Indonesia. The 2021 SSGI survey data states that the prevalence of stunting in West Java Province is categorized as high so the West Java zero New Stunting program is targeted in 2023. As a commitment to accelerate the reduction of stunting, the Government has issued Peraturan Presiden No. 72 tahun 2021 tentang Percepatan Penurunan Stunting. Through this Important Thematic Real Work Lecture program, which is a community service program, it can be a bridge for students to be able to apply their abilities by conducting field lectures and mingling directly with the community, as agents of change. The research in this activity is a qualitative method. Data sources are obtained from various in-depth interviews and focus group discussions with program implementation at the Village level and related stakeholders. There are six activities carried out in the 2023 UPI Thematic Si Penting KKN activities in Benteng Village with the target activities being integrated health posts, adolescent integrated health posts, residents at risk of stunting, and the community.

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**ABSTRAK**

Salah satu prioritas pembangunan nasional adalah mewujudkan Sumber Daya Manusia yang berkualitas dan berdaya saing. Adapun salah satu indikator yang terkait dengan penciptaan SDM yang berkualitas adalah terpenuhinya sasaran dan target dibidang kesehatan, dimana salah satu indikatornya adalah menurunnya angka prevalensi stunting di Indonesia. Data survei SSGI tahun 2021 yang mengatakan bahwa prevalensi stunting di Provinsi Jawa Barat dikategorikan tinggi sehingga ditargetkan program Jabar Zero New Stunting pada 2023. Sebagai salah satu komitmen untuk mempercepat penurunan stunting, Pemerintah telah menerbitkan Perpes No. 72 tahun 2021 tentang percepatan penurunan stunting. Melalui program Kuliah Kerja Nyata Tematik Si Penting ini yang merupakan program pengabdian kepada masyarakat dapat menjadi jembatan mahasiswa untuk bisa mengaplikasikan kemampuan dengan menjalankan kuliah lapangan dan berbaur langsung dengan masyarakat, sebagai agent of change. Penelitian dalam kegiatan ini ialah metode kualitatif. Sumber data diperoleh dari berbagai wawancara secara mendalam dan diskusi kelompok terfokus (focus group discussion) dengan pelaksanaan program di tingkat Kelurahan dan stakeholder terkait. Ada enam kegiatan yang dilakukan dalam kegiatan KKN Tematik Si Penting UPI Tahun 2023 di Kelurahan Benteng dengan sasaran kegiatan posyandu, posyandu remaja, warga rawan stunting, dan masyarakat.

**Kata Kunci:** pencegahan stunting; pengabdian kepada masyarakat; program manajemen

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## INTRODUCTION

In the 2019-2024 National Medium-Term Development Plan (RPJMN), one of the priorities of national development is to create quality and competitive Human Resources (HR). One of the indicators related to the creation of quality HR is the fulfillment of targets and targets in the health sector, where one of the indicators is the decline in the prevalence of stunting in Indonesia (Candarmagoweni, 2020). According to the World Health Organization (2020), the prevalence of toddlers experiencing stunting worldwide is 21.9%, with the majority originating from Asia. Based on data from the 2021 Indonesian Toddler Nutrition Status Survey (SSGBI) submitted by the National Development Planning Agency, the prevalence of stunted toddlers in Indonesia in 2021 was 24.4%. This value is significantly higher than the target of 14% set by the President.

The World Health Organization (WHO) defines stunting as a condition in children under the age of five who have a height-to-body ratio that is not proportional to their age. Calder et al. in his work entitled "Fetal Nutrition and Adult Disease: Programming of Chronic Disease through Fetal Exposure to Undernutrition" stated that hereditary factors only contribute 15% to the cause of stunting, problems with nutritional intake in children, growth hormones, and the occurrence of recurrent diseases are the dominant determining factors. The 2021 SSGI survey data indicated that the prevalence of stunting in West Java Province was categorized as high, prompting the government to target the West Java Zero New Stunting program in 2023.

The occurrence of stunting in toddlers is often not recognized, and it is not until after two years that the toddler's short stature becomes apparent. Chronic nutritional problems in toddlers are often caused by inadequate nutritional intake over a prolonged period, as parents or families may not be aware of or do not know how to provide food that meets their child's nutritional needs (Darma & Alamsyah, 2024; Setiavi & Jolyandini, 2024). Stunting can occur because it is related to the nutritional content contained in breast milk that the baby does not obtain, and the nutritional status of pregnant women who are lacking will affect the health of the child in the womb (Komalasari et al., 2020). Furthermore, other studies state that there are six risk factors for stunting, namely: 1) Prematurity, low birth length (short) and age of first meal; 2) Poor parental education; 3) Adequate nutrition; 4) Gender of the baby, where boys are potentially more susceptible to stunting; 5) Protein-rich diet and age range; and 6) Exposure to cigarette smoke, where if a baby is exposed to cigarette smoke for more than 3 hours a day, there is a risk of stunting (Anwar et al., 2022).

The impacts of stunting can be felt in both the short and long term. In the short term, children's immune systems will be weakened, making them more susceptible to disease. Meanwhile, in the long term, it will reduce cognitive and motor development in children, which will also affect speech and language disorders in children (Laily & Indarjo, 2023). If this condition is allowed to continue, it will affect the quality of Indonesian human resources in the future. Children with stunted growth will have difficulty learning and achieving, lack focus in their learning, and be less active in school (Sari, 2023). In this situation, the Indonesian government is obligated to invest in nutrition within its community. If not addressed immediately, stunting will become a serious threat to Indonesia's economic growth and welfare.

The Indonesian Ministry of Health, in its article entitled "Situation of Short Toddlers in Indonesia," stated that stunting can be prevented with adequate nutritional intake, especially in the First 1000 Days of Life (HPK). As a commitment to accelerate the reduction of stunting, the Government has also issued Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction. The legal umbrella as a national strategy/strategy has been launched and implemented since 2018. The obligation

to prevent and reduce stunting rates is not only the responsibility of the government and health services, but it is also the responsibility of all elements of society. Several activities and studies have also been conducted as part of efforts to prevent stunting, including those by Supriani et al. in an article titled "Health Examination and Socialization of Improving Maternal and Child Health to Prevent Stunting." The socialization activities conducted for mothers in Mojoranu Hamlet, Sooko District, increased their knowledge and understanding of stunting prevention, specifically through the provision of proper nutrition for babies (Supriani et al., 2022). In addition, Kurniati, in her research titled "Counseling on Stunting Prevention Through Nutritional Fulfillment in Women of Childbearing Age," also conducted similar activities. Counseling in community service activities led to an understanding of the importance of nutritional fulfillment for women of childbearing age, both before and during pregnancy, to prevent stunting in toddlers (Kurniati, 2021). Finally, Pebriandi et al. in their study, entitled "Socialization of Stunting Prevention in the Simandolak Village Community, Benai District, Kuantan Singingi Regency," explained that socialization of stunting prevention can have an impact on the dissemination of information on stunting prevention. Residents understand the meaning and characteristics of stunting, its impacts, and the efforts made to prevent it (Pebriandi et al., 2023).

Prevention and suppression of stunting must be carried out by all citizens, including students who also play roles and functions in society, one of which is as agents of change, namely, individuals who can bring about change. Suppose previous activities or research were carried out through a single activity, in this service. In that case, the stunting prevention program is implemented through several activities, which also include a series of Thematic Real Work Lectures featuring prominent individuals. This activity can also serve as a bridge for students to apply their skills by conducting field lectures and engaging directly with the community.

## Literature Review

### Definition of Stunting

The World Health Organization (WHO) defines stunting as a condition in which children under five years old have a height that is not proportional to their age. This condition is typically measured by the length or height of a child that is more than two standard deviations below the median of the growth standard (Rusliani et al., 2022). Calder et al., in their work "*Fetal Nutrition and Adult Disease: Programming of Chronic Disease through Fetal Exposure to Undernutrition*," state that based on the results of their study, genetic factors account for only 15% of the causes of stunting; inadequate nutritional intake in children, growth hormones, and the occurrence of recurrent illnesses are the dominant determining factors. Stunting is identified by assessing a child's length or height (recumbent length for children under two years of age and standing height for children aged two years or older) and interpreting the measurement by comparing it to acceptable standard values.

### Causes of Stunting

Stunting is caused by chronic malnutrition resulting from inadequate nutritional intake over a prolonged period due to the provision of food that does not meet nutritional needs (Hutabarat, 2023). Various causes of stunting are further explained in the following description (Susilawati & Ginting, 2023):

#### 1. Maternal Knowledge and Parenting Patterns

A mother's knowledge indirectly affects the issue of stunting in children. Mothers with broader knowledge tend to pay more attention to their children's nutritional intake and healthcare. In addition,

parenting patterns also have a significant influence on a child's nutritional status, encompassing factors such as food availability, hygiene education, and other aspects related to the child's overall well-being.

## 2. Birth Weight and Nutritional Status

Birth weight is not directly an indication that a child will be stunted. However, this condition is likely to occur when the child's nutritional status is low, as stunting results from inadequate nutritional intake. This means that a low birth weight can be one of the factors indicating that a child may experience stunting after birth. Therefore, fulfilling the nutritional needs of pregnant mothers is crucial and requires proper attention.

## 3. Family Socioeconomic Status

Socioeconomic status has a significant impact on a child's health. Families with low incomes have limited purchasing power, which can affect the fulfillment of both macro- and micronutrient needs.

## 4. Limited Access to Clean Water and Sanitation

Limited access to clean water and sanitation is a significant factor because, in children suffering from diarrhoea or worm infections, the nutrients from consumed food are not absorbed by the body. An unhealthy environment increases the risk of infections, and if these infections occur repeatedly, they can lead to stunting.

## Impacts of Stunting

La Ode Alifariki, in his book titled "*Child Nutrition and Stunting*," explains that the impacts of stunting in children under five are diverse. Stunting can affect a child's growth and development in various ways, including hindering height and weight gain, resulting in a child being shorter with a body weight significantly below the average for their age group. It can also impede optimal child development, causing delays in walking or less-than-optimal motor skills. Furthermore, it can affect a child's learning ability, as stunting conditions are associated with lower IQ levels compared to peers of the same age. Therefore, it is evident that stunting impacts a child's growth and development both physically and cognitively. A similar point is made by Daracantika et al. in their literature study, which mentions several impacts of stunting as follows (Daracantika et al., 2021):

1. Children who experience stunting tend to score lower in mathematics compared to children who are not stunted (Haile et al., 2016). Stunting has a highly significant impact on children's academic achievement (Picauly & Toy, 2013).
2. Children who experience severe stunting suffer adverse impacts on their development (Miller et al., 2016).
3. Children who experience severe stunting are more likely to have a non-verbal IQ below 89 compared to children who are not stunted.
4. Stunting in early childhood is significantly negatively associated with children's cognitive performance (Woldehanna et al., 2017). Children with stunting experience a 75% reduction in cognitive development compared to children who are not stunted.

## Prevention and Management of Stunting

The prevention of stunting involves various actions and strategies aimed at preventing children from experiencing growth failure due to chronic malnutrition. Several important steps in preventing stunting include:

1. Adolescent Girls (Riyanto et al., 2024):
  - a. Anemia Screening;
  - b. Consumption of Iron and Folic Acid Tablets (IFA).
2. Pregnant Women (Syahrianti, 2023):
  - a. Maternal Nutrition During Pregnancy: Ensuring that pregnant women receive adequate and balanced nutrition is crucial for fetal growth. Adequate nutritional intake during pregnancy can help prevent the risk of stunting in children.
  - b. Antenatal Care (ANC) Visits;
  - c. Consumption of Iron and Folic Acid Tablets for Pregnant Women;
  - d. Provision of supplementary food for pregnant women with Chronic Energy Deficiency (CED)..
3. Children Under Five (Isni & Dinni, 2020):
  - a. Growth Monitoring and Supervision: Regularly monitoring a child's growth and taking action if there is a significant decline in growth;
  - b. Exclusive Breastfeeding: Providing exclusive breastfeeding during the first six months of life ensures essential nutrients for optimal growth and development;
  - c. Complementary Feeding: After six months, gradually introduce complementary feeding (CF) with nutrient-rich and diverse foods. This helps meet the nutritional needs of the child as they grow, mainly by providing animal protein-rich complementary foods for children under two years of age.
  - d. Adequate Healthcare: Ensuring children have access to adequate healthcare services, including immunizations and regular check-ups, can help identify growth problems early;
  - e. Management of Children with Nutritional Problems: This includes weight faltering, underweight, undernutrition, severe malnutrition, and stunting.
4. Community (Ginting & Zebua, 2024):
  - a. Proper Hygiene and Sanitation: Maintaining a clean environment and providing access to proper sanitation facilities can reduce the risk of infections and growth disorders;
  - b. Nutrition Education and Healthy Eating Habits: Providing education on the importance of balanced nutrition and healthy eating habits to all community members is essential for helping them understand their nutritional needs and how to meet them effectively.

## METHODS

The community service method for the “*Si Penting*” Thematic Community Service Program (UPI Students Concerned About Stunting) in 2023, conducted in Benteng Sub-district, Warudoyong District, Sukabumi City, was carried out by implementing various work programs over one month from July 27, 2023, to August 27, 2023, with the stages of implementation as follows.

1. Planning: This stage follows the results of data collection and analysis conducted through interviews and focus group discussions. It involves planning activities to prevent and reduce the stunting rate in the service area.
2. Implementation: This stage follows the planning that has been carried out, involving the direct implementation of activities in the field to reach all elements of the community — including children, adolescents, adults, and parents — and raise awareness of the importance of stunting prevention and management.
3. Evaluation: This stage is conducted to assess whether the implemented activities have had a positive impact on the community by increasing awareness of various stunting prevention and management efforts, enabling them to be carried out continuously to create a stunting-free future generation.

The data for this community service project were collected through various in-depth interviews and focus group discussions conducted during the program implementation at the sub-district level with relevant

stakeholders. The data were processed through several stages, including data collection, data analysis, activity planning, activity implementation, and conclusion, along with policy suggestions or recommendations. This community service and its activities employed a descriptive-qualitative analysis model to carry out stunting prevention and management programs in the local area.

## RESULT AND DISCUSSION

The purpose of implementing the “*Si Penting*” Thematic Community Service Program (*Students Concerned About Stunting*) in Warudoyong District, Sukabumi City — specifically in Benteng Sub-district — is to provide concrete action by students to support programs aimed at preventing and reducing the prevalence of stunting. This is carried out through activities designed based on the results of data collection and data analysis.

### Posyandu Visit Activities

This activity was conducted as an effort to provide understanding, early intervention, and prevention of stunting problems in toddlers and children, in collaboration with community health centers (*puskesmas*) and *posyandu* cadres, targeting parents, breastfeeding mothers, and pregnant women. During the one-month community service program (KKN) in Benteng Sub-district, visits were conducted to ten *posyandu* out of the fifteen available (Figure 1). The visits revealed that parents’ awareness of the importance of bringing their toddlers to *posyandu* is still lacking. This was indicated by the high number of target participants who did not attend the *posyandu* sessions, with some never having attended at all. Moreover, some toddlers had not received age-appropriate vaccinations or vitamins due to their absence from *posyandu* activities. However, it is worth appreciating that in some *posyandu*, the cadres even visited households to ensure that *posyandu* services reached their targets.



**Figure 1.** *Posyandu Visit Activities*  
Source: Author’s Documentation, 2023

*Posyandu* activities and the provision of healthcare services for toddlers are essential within the community. This relates to the first thousand days of a baby’s life, a critical period since birth. Without awareness and a commitment to providing the best possible care during this sensitive period, it can hurt the child’s growth. Such services must be carried out by *posyandu* or *posyandu* cadres, using any means necessary, including conducting sweeping or door-to-door health services for toddlers and pregnant women (Purbadiri & Srimurni, 2022). Sweeping will be conducted by *posyandu* cadres to measure and record a toddler’s head and arm circumference, length/height, and weight. These data will then serve as a reference for monitoring the child’s development (Noviyanti et al., 2023).

## Adolescent Posyandu Visit Activities

This activity was conducted as an effort to promote understanding and prevention of stunting, as well as to emphasize the importance of regularly participating in Adolescent Posyandu (Posrem) activities for future generations to be free from stunting. During this activity, discussions were held regarding adolescents' participation in Posrem activities and solutions to foster their interest and regular attendance at Posrem sessions (Figure 2). During the one-month community service program (KKN), visits were conducted to five *Adolescent Posyandu* out of the fifteen available in Benteng Sub-district. From the visits to each *Posrem* and discussions with the *Posrem* leaders, it was found that the main challenge for each *Posrem* is that the adolescents targeted by the program are reluctant to attend *Posrem* activities, resulting in limited human resources in some *Posrem*. This is mainly due to the lack of self-awareness among adolescents about the importance of regular health check-ups through the *Adolescent Posyandu*.



**Figure 2. Adolescent Posyandu Visit Activities**

Source: Author's Documentation, 2023

The *Adolescent Posyandu* is part of the Community-Based Health Efforts (*Upaya Kesehatan Bersumber Daya Masyarakat* or UKBM), organized by, for, and with the community — including adolescents — as part of health development and community empowerment. The *Adolescent Posyandu* provides health services to adolescents, aiming to enhance their health status and promote healthy living skills. If adolescents cannot maintain their health, it can lead to complex health-related problems that may impact the community's mindset regarding healthy living (Andriani et al., 2023).

## Canting (Pencegahan Stunting) Socialization Activities

This activity was carried out for junior high school students as an upstream prevention measure, as adolescents are future parents who will play a significant role in raising a high-quality future generation. Therefore, knowledge related to the application of a balanced diet, adolescent reproductive health, family planning to avoid early marriage, and parenting during the First 1,000 Days of Life (HPK) needs to be understood from adolescence. This socialization activity was conducted in three junior high schools in Benteng Sub-district: SMPN 7 Kota Sukabumi, SMPN 10 Kota Sukabumi, and SMPN 11 Kota Sukabumi. In several schools, stunting prevention programs are already underway, such as SMPN 10 Kota Sukabumi, which has implemented a regular healthy breakfast program once a week, and SMPN 7 Kota Sukabumi,

which is currently designing a stunting prevention program. Therefore, the presence of the KKN team was well-received as it aligns with the activities planned by the schools.



**Figure 3.** Canting (Pencegahan Stunting) Socialization Activity  
*Source: Author's Documentation, 2023*

The implementation of a balanced diet pattern, including healthy breakfast habits, has been proven to help the body function optimally and engage in physical activities, as well as to improve learning ability and children's stamina. If this healthy habit is maintained in the long term, childhood obesity can be prevented because children will adopt good eating habits. In addition, applying a balanced diet and healthy breakfast can help prevent hypoglycemia, dehydration, and stabilize blood glucose levels (Picauly et al., 2020).

### **Distribution of Vegetable Seedlings and Seeds**

This activity was undertaken as part of an effort to prevent stunting by ensuring that household vegetable needs can be met through home gardens in residential yards. The community was encouraged and facilitated to start creating a *home garden* by planting various types of vegetables, which is one of the key requirements for achieving a balanced diet. This activity is a continuation of the *Takar Canting* program (*Tanam Sayuran di Pekarangan Rumah untuk Cegah Stunting* — Planting Vegetables in Home Gardens to Prevent Stunting). To ensure that this program continues sustainably and independently within the community, in addition to distributing seedlings and seeds to residents, the KKN team also connected the community with the Head of the Sustainable Food Yard (*Pekarangan Pangan Lestari* or P2L) program. The P2L Head was invited to provide explanations on how to germinate, plant, and care for the seedlings distributed by the KKN team (Figure 4).



**Figure 4.** Distribution of Vegetable Seedlings and Seeds  
*Source: Author's Documentation, 2023*

This activity needs to be continuously promoted, considering that the community often struggles to maintain a program consistently. This is based on our observations during home visits, where we found that residents who had previously received facilities to create *home gardens* in their yards did not sustain the practice, not only due to the dry season but also because of their lack of consistency in tending their plants. Several stunting prevention efforts can be carried out after pregnancy, one of which is providing proper food for infants and toddlers by optimizing the use of local, protein-rich food sources to meet children's nutritional needs. *Home garden* activities can be implemented anywhere, including in residential yards. Through *home garden* initiatives, household food security can be ensured, allowing mothers to provide their toddlers with nutritious food and prevent stunting (Atmadja et al., 2023).

### Adolescent Posyandu Gathering Activity

This activity was carried out as an effort to encourage the established *Adolescent Posyandu* to remain active in implementing program activities and to develop creative innovations that can be more widely disseminated, considering that the *Adolescent Posyandu* program is still not evenly distributed across all regions. This activity was designed based on discussions with the administrators of each *Adolescent Posyandu* to help activate each *Posyandu* with more diverse activities. Therefore, the UPI community service students (*KKN*) facilitated this by organizing this gathering activity twice, with the following activity details:

1. *Gathering 1*: Activities included an introduction with the UPI *KKN* team, a discussion on creating an Instagram account for the *Posrem* of Benteng Sub-district, a tutorial on designing educational content using Canva, and a practical session where each *Posrem* created their content.
2. *Gathering 2*: The activities carried out included group exercise sessions, games to strengthen togetherness, healthy meals together, and the distribution of infographics on stunting, anemia, and iron supplementation, as well as the food pyramid and *Adolescent Posyandu*. These materials serve as additional resources for information on each *project*.

This gathering activity served as a platform to introduce adolescents to the idea that the *Adolescent Posyandu* is not only a place for regular health check-ups but can also be a space for expanding their knowledge, broadening their perspectives, building friendships, and even developing soft skills that they may not acquire at school. The *Adolescent Posyandu* in Warudoyong District — one of which is the *Adolescent Posyandu* in Benteng Sub-district, which has achieved 100% establishment — has become a pilot and model project. As such, its activities are expected to inspire and motivate other regions in their efforts to prevent stunting (Figure 5).



Figure 5. Adolescent Posyandu Gathering Activity  
Source: Author's Documentation, 2023

According to Law Number 36 of 2014 concerning Health Workers of the Republic of Indonesia, a program of services and development must be implemented to optimize and improve the health, social welfare, and capabilities of adolescents. In the health sector, one activity that can be carried out is the *Adolescent Posyandu*, which prepares adolescents to maintain their health as they transition into adulthood, becoming physically and mentally healthy, as well as socially and economically productive. The *Adolescent Posyandu* can be beneficial for stunting prevention (Rasmaniar et al., 2022).

### Distribution of Food Assistance for Residents at Risk of Stunting



Figure 6. Distribution of Food Assistance for Residents at Risk of Stunting  
Source: Author's Documentation, 2023

This activity (Figure 6) was carried out as part of the government's effort to provide food assistance to beneficiary groups (*KPM*) and families at risk of stunting (*KRS*). In this activity, the *KKN* students assisted the sub-district office in distributing aid to the community. This initiative demonstrates that the government pays close attention to the food needs of residents vulnerable to stunting. It is explained that this assistance is intended to help fulfill the need for nutritious food for low-income families, particularly for children (Efendi et al., 2024).

### Implementation of SPALD-S Activities



Figure 7. Implementation of SPALD-S Activities  
Source: Author's Documentation, 2023

The SPALD-S (*Sistem Pengolahan Air Limbah Domestik Setempat* – Local Domestic Wastewater Management System) activity is a program that constructs communal septic tanks serving five to ten households, aiming to achieve healthy sanitation for the community (Figure 7). Poor sanitation can lead to infections that interfere with the digestive process and nutrient absorption, and if this persists over time, it can result in stunting. This activity demonstrates the government's genuine concern for the need for

proper sanitation among the community as a means to prevent an increase in stunting rates. This initiative aligns with the theory stating that environmental sanitation is related to the risk of stunting. Toddlers living in environments where residents' sanitation management behavior does not meet health requirements are more likely to experience stunting than those living in households where sanitation practices comply with health standards (Syahadah et al., 2024).

## CONCLUSION

Preventing and reducing the stunting rate in Indonesia is the responsibility of all elements of society — including the government, health institutions, and the entire community — who must take part and share the responsibility to prevent stunting within their families and the surrounding environment. Through the various activities carried out by the local government in collaboration with the Si Penting UPI 2023 Thematic Community Service (KKN Tematik) Team in Benteng Sub-district, Warudoyong District, Sukabumi City, it is hoped that positive changes can be achieved, particularly in reducing the stunting rate in Benteng Sub-district. With the implementation of this KKN program focused on the theme of stunting, it is expected to help reduce the prevalence of stunting in Benteng Sub-district and provide new insights and knowledge for the community, encouraging them to participate in various prevention efforts starting from small actions such as maintaining hygiene, ensuring food security with the “four healthy five perfect” meal concept, and establishing *home gardens* by planting vegetables in their yards to facilitate meeting nutritional needs, especially for vegetables. Furthermore, raising awareness about the dangers of stunting for the next generation is crucial, so that adolescents' health and lifestyle are monitored through *Adolescent Posyandu* and toddlers through regular *Posyandu* visits. Although the results of these various efforts may not yet be visible in terms of effectiveness, it is hoped that at the very least, more and more people will understand the importance of stunting prevention, not only for pregnant women or toddlers but starting from adolescence. In addition, it is hoped that all activities that have been carried out will bring benefits and continue to run sustainably to create a stunting-free future generation.

## AUTHOR'S NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. The authors also affirm that all data and content presented in this article are free from plagiarism.

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