

The strategy of Health Office in Efforts to Overcome Stunting Prevalence in Toddlers in Sumedang Regency in 2022

Dini Afriani¹, Dessy Budianto²

Public Health Science Study Program
Faculty of Health Science, Sebelas April University
diniafriani@unsap.ac.id

Article Info

Article history:

Received April 12, 2022
Revised Mei 02, 2022
Accepted Mei 03, 2022

Keywords:

Strategy of the Health Office
Stunting Prevalence
Sumedang Regency

ABSTRACT

Stunting is a poor condition related to nutrition caused by a lack of nutritional intake for a long period of time due to the provision of food that is not in accordance with nutritional needs. Purpose of Research for analyze the Strategy of the Health Office in Efforts to Overcome Stunting Prevalence in Toddlers in Sumedang District in 2022. This research was conducted at the Sumedang District Health Office using a qualitative method with a descriptive approach. Using the Non Probability Sampling technique with the Purposive Sampling method with a sample of 3 informants. Based on interviews that the Strategy of the Health Service in an effort to overcome the prevalence of stunting in children under five in Sumedang Regency is quite good. This is evidenced by the prevalence of stunting in the Sumedang Regency which has decreased every year. Sumedang Regency has so far been quite optimal in implementing the 8 convergence of stunting handling, this is seen in terms of organizational strategy, program strategy, and resource support strategies carried out. The advice that can be given is that the Health Office is always committed to implementing its strategies related to stunting prevention in accordance with applicable local government regulations.



Copyright © 2022 PHSAJ. All rights reserved.

Corresponding Author:

Dini Afriani
Faculty of Health Science
Universitas Sebelas April
Jalan Cipadung No.54
Email: diniafriani@unsap.ac.id

1. INTRODUCTION

One indicator of the success of achieving health in the SDGs (Sustainable Development Goals) is the nutritional status of children under five. Infancy is a group that is vulnerable to malnutrition, one of which is stunting. According to WHO (World Health Organization), stunting is a condition of inappropriate body length that exceeds the Z-score deficit of minus 2 SD, where body length is below the median length or height of all samples which are international references.

Reporting to the Antara News website, in 2020, WHO estimates that the prevalence of stunted toddlers worldwide is 22% or 149.2 million. For Southeast Asia alone, it touched 27.4%. Based on the results of the Indonesian Toddler Nutrition Status Survey (SSGBI) in 2021, the stunting rate in Indonesia has decreased by 1.6% per year. The original 27.7% in 2019 became 24.4% in 2021. According to Riskesdas (2018), in Sumedang Regency in 2018 the prevalence of stunting was still relatively high at 32.2%. Meanwhile, based on a preliminary survey conducted at the Regional Research and Development Planning Agency (BAPPPEDA) of Sumedang Regency on June 7, 2022, judging by the results of the Toddler

Weighing Month (BPB) in February 2022, the prevalence of stunting in Sumedang Regency was 9.12%. with the 3 highest sub-districts namely Tanjungmedar (17.03%), Surian (17.39%), and Jatigede (19.08%).

Based on the results of an interview with the Head of the Public Health Division of the Sumedang District Health Office, the strategy carried out by the Health Office for stunting prevention so far is by optimizing specific and sensitive interventions. Specific interventions have focus on direct causes, namely nutritional problems and health problems for children under five. Meanwhile, sensitive interventions focus on indirect causes, namely food security, maternal parenting, access to health services, and environmental health. The success of the intervention program requires collaboration from various sectors. However, there are still several priority loci of stunting intervention in several sub-districts in Sumedang Regency. So that researchers are interested in conducting research on the Strategy of the Health Service in Efforts to Overcome Stunting Prevalence in Toddlers in Sumedang Regency in 2022.

1.1. Strategy

Strategy is a potential action that requires top-level management decisions and a large number of company resources. Strategy affects the prosperity of the company in the long term, especially for 5 years, and is oriented towards the future. The strategy has multifunctional and multidimensional consequences and needs to consider external and internal factors faced by the company or organization. (Fred R. David edition 10: 2008). Strategies are predetermined ways in which a company will proceed toward broad goals involving financial, operating, or social aspects of the company. (J.W. Hasslet in Ramlie R. Mertawidjadja: 1981). So it can be interpreted that strategy is all visible aspects that must be formulated so that certain goals can be achieved.

According to Reed Kennedy, strategy is a complex concept that includes many different processes and activities within an organization. (Reed Kennedy: 2020). The fundamental thing in formulating a strategy is that one must first explain and interpret the future not only focusing on the present, the direction of the strategy must be directed at a competitive advantage, then applied from top to bottom and has an external orientation as well as the flexibility is very essential and focuses on long-term results. (Goldworthy and Ashley: 1996)

1.2. Stunting

The World Health Organization (WHO) defines stunting as a failure of growth and development experienced by children due to prolonged lack of nutrition, recurrent infectious diseases, and inadequate psychosocial stimulation. Children who experience stunting, especially at an early age, may also experience growth retardation in other organs, including the brain. Because of its serious, variable, and long-term impact, stunting is considered a syndrome, where linear growth failure (stunted) is a sign of multiple pathological disorders associated with increased morbidity and mortality, decreased cognitive function, and increased risk of non-communicable diseases (Non-communicable Diseases). PTM) in adulthood.

According to the Big Indonesian Dictionary (KBBI), prevalence means the total number of cases of a disease occurring at a certain time in an area. According to Mega (2018), prevalence is the incidence of disease obtained from a survey, which shows the size of the burden of disease in a population. This information is one the thing that is useful for planners and public health administrators so that they can find out the allocation of health resources, and health services needed by a population. So it can be concluded that the prevalence of stunting is the incidence/proportion of children under five who are stunted in a certain population in a certain period of time.

1.3 Toddler

Toddlers are children who have reached the age of one year or more with the understanding of children under five years (Muaris, H. 2016). According to Sutomo and Anggraeni (2010), the grouping of toddlers consists of children aged 1-3 years (toddlers) and preschoolers (3-5 years). At the age of toddlers, children are still fully dependent on their parents to carry out important activities, such as bathing, defecating, and eating. The development of speech and walking has improved. However, other capabilities are still limited. (Amalia, 2011)

According to Wirandani, toddlers are defined as children under the age of five where the growth of the body and brain is very rapid in achieving optimal functions. Toddler period is often called the golden age because at this time basic growth will influence and determine the development of language skills, creativity, social awareness, emotional, and intelligence that run very quickly and are the basis for further development. According to Dewi et al, toddler age is an important period in the growth and development of children. Growth and development are caused by the maturity of the central nervous system, especially the brain. Toddlers will experience rapid growth and development at this time.

2. METHOD

The type of research used in this study is a qualitative method with a descriptive approach. The qualitative method is a method based on the philosophy of positivism, used to examine the condition of natural objects, (as opposed to an experiment) where the researcher is the key instrument, the data collection

technique is done by triangulation (combined), the data analysis is inductive/qualitative, and qualitative research results emphasize meaning rather than generalization. (Sugiyono, 2013) Descriptive qualitative research is a method of researching the status of human groups, an object, condition, system of thought or an event in the present. The purpose of descriptive qualitative research is to make a systematic, factual and accurate description, picture or painting of the facts, characteristics and relationships between the phenomena being investigated. (Ajat Rukajat, 2018). This study obtained data sources from interviews with 3 informants, namely the Head of the Public Health Division at the Health Office, the Nutrition and Sports Health Staff at the Health Office, and the Nutrition Staff at the Conggeang Community Health Center, Sumedang Regency.

Based on this opinion, the researcher argues that the type of descriptive qualitative research is research that provides an overview of a phenomenon that occurs in a real, realistic, and actual way about the strategy of the Health Service in an effort to overcome the prevalence of stunting in children under five in Sumedang Regency.

3. RESULTS AND DISCUSSION

3.1. Results

Strategy is an action that is influential and very determines the success of the objectives to be achieved. Therefore, strategy is a form of rational thinking that is arranged systematically and then formed based on observation and experience. (Kennedy: 1996)

It is very important for the government to implement a strategy to prevent stunting prevalence among children under five so that the people of Sumedang district are healthier and more prosperous. Not only health aspects must be considered, but socio-cultural aspects also need to be considered. Because the prevention of stunting needs to be seen from various aspects. This study examines the strategy of the Department of Health in an effort to overcome the prevalence of stunting in children under five in Sumedang district which is seen from 3 (three) types of strategies according to Kotten, namely:

1. Organizational Strategy (Corporate Strategy)

An organization will not be separated from a strategy to deal with various problems. A strategy is formulated through the vision and mission of a local government or in this case the Health Office is set forth in a program or activity. Based on the results of interviews with the Head of the Public Health Division of the Sumedang District Health Office, it can be seen that Sumedang Regency is included in the locus of acceleration of stunting handling from 100 regencies/cities. The health office is currently the Sumedang Regency Stunting Reduction Acceleration Team (TPPS), in accordance with Presidential Decree no. 72 of 2021. The Health Office also collaborates with BAPPPEDA (Regional Research and Development Planning Agency) which in this case BAPPPEDA becomes the coordinator of the TPPS. The existing specific intervention program cannot be carried out by the Health Office itself because it will not be optimal. Therefore, the Health Office requires cross-sectoral collaboration to make the specific intervention program a success. Effectively and efficiently Sumedang Regency already has the E-Simpat application in which there is stunting data so that all SKPD can review the development of stunting cases in Sumedang Regency.

2. Program Strategy (Program Strategy)

With inter-sectoral and cross-sectoral coordination, local governments will certainly not be separated from actions and actions to achieve certain goals. Quoted from the results of interviews conducted with one of the Kesga and Nutrition staff, it can be seen that in implementing the district integrated stunting reduction intervention related to 8 stunting convergence actions, the Health Office is only responsible for measuring and publishing stunting data. Then the quality data is from anthropometric tools according to standards for measuring toddlers. Intervention programs for stunting include education, exclusive breastfeeding, examination of pregnant women, giving PMT and giving blood-added tablets to pregnant women and young women. The health office provides facilities for these intervention activities and there are also assistance programs for pregnant women and children under five at risk implemented by the puskesmas and posyandu.

Based on the results of interviews with the Nutrition Staff of the Conggeang Health Center, it can be seen that the intervention programs originating from the BOK (Health Operational Assistance) include the provision of PMT for pregnant women with SEZ, home visits for pregnant women with SEZ/at risk of hypertension, home visits for at-risk toddlers, education and counseling for 1000 HPK. (First Day of Life). All these activities were carried out by village midwives and posyandu cadres. The obstacle to implementing stunting-related programs is the behavior and openness of the community itself. Also optimizing the distribution of Blood Add Tablets for young women. So in this case, the Department of Health approached and disseminated information to the community through community leaders by improving interpersonal communication strategies.

3. Resource Support Strategy (Resource Strategy)

After good inter-sectoral and cross-sectoral coordination, the Health Office then created programs as real actions in stunting prevention in Sumedang Regency. What cannot be separated from attention is related to the resources and infrastructure owned so that real actions can run optimally. Based on the results of interviews with the Head of the Public Health Division of the Sumedang District Health Office, it can be seen that the Health Office has Human Resources (HR) that coordinate well with each other, including posyandu cadres, Family Welfare Empowerment (PKK), academics, media and mass organizations in Sumedang Regency in accelerating the decline in stunting. To optimize existing human resources, the Health Office conducts monitoring and evaluation along with guidance to puskesmas and posyandu as well as other capacity building that refers to specific interventions.

The allocation of funds for handling stunting in Sumedang Regency is obtained from the Provincial Revenue and Expenditure Budget (APBD). ng sourced from the Tobacco Product Excise Revenue Sharing Fund (DBHCHT) and from Health Operational Costs (BOK). The funds are used to increase the capacity of officers, cadres capacity, and PKK capacity. This PKK has a major influence on program achievements related to the allocation of funds for PMT under-fives at risk, PMT for pregnant women with defisit energy cronic, education provision, and the procurement of 75 and 100 formula foods.

3.2. Discussion

1. Organizational Strategy of the Health Service in Efforts to Overcome Stunting Prevalence in Toddlers in Sumedang District in 2022

According to Robbins (1994) an organization is a consciously coordinated social unit, with a relatively identifiable boundary, which works on a relatively continuous basis to achieve a common goal. Organizational strategy is concerned with the formulation of the new vision and mission, goals, values, and strategic initiatives.

Based on the results of the interview, the organizational strategy of the Health Office in an effort to overcome the prevalence of stunting in Sumedang Regency is to continue to collaborate both between sectors and across sectors by closely holding regional regulations and the commitment to existing regional leaders. Then, the Health Office became part of the Team for the Acceleration of Stunting Reduction (TPPS). The Health Office also acts as a secretariat, focusing on the publication of stunting data every year. In this regard, this research is in line with the research of Nur Susanti et al (2022) which explains that the strategic strengths of an organization in dealing with stunting include the emergence of awareness from regional leaders, and commitment from the Regent, Regional Apparatus Organizations. (OPD) leading sector, cross-sectoral OPD to the Village Headline through stunting consultations.

Based on the description above, the researcher has the assumption that the handling of stunting cannot be carried out by one or two sectors alone. But it requires coordination and evaluation from all OPDs in a district government, in this case Sumedang Regency, so that stunting prevention efforts can be carried out optimally.

2. The Strategy of the Health Service Program in Efforts to Overcome Stunting Prevalence in Toddlers in Sumedang Regency in 2022

According to Santosa in Soesanto (2011), the program is a system of activity plans from an organization that is directed, integrated, and systematic which is made for a time span that has been determined by an organization.

Based on the results of interviews, the Health Office has a main program that cannot be separated from specific and sensitive interventions. However, there are still obstacles related to the open behavior of the target itself. Thus, to optimize existing intervention programs, the Health Office has a strategy related to interpersonal communication that must always be improved. So that there are no misunderstandings related to stunting and understand that stunting is different from malnutrition.

According to the results of research conducted by Aria., et al (2022), regarding stunting prevention, the government has formed policies to reduce stunting rates. Referring to the Guidelines for Implementing Integrated Stunting Reduction Interventions in Regencies/Cities issued by the Ministry of National Development Planning/Bappenas, efforts to reduce stunting are carried out through specific nutrition interventions and sensitive nutrition interventions. Specific nutritional interventions to address the direct causes of stunting associated with low nutritional intake and health status. Meanwhile, nutrition interventions are sensitive to address indirect causes related to food security, especially access to nutritious food, the social environment related to infant feeding and childcare practices, access to health services, and environmental health.

Based on the description above, the researcher assumes that the stunting management program of the Health Office has focus on specific and sensitive interventions. In addition, the

Health Office has a main program, namely providing assistance to pregnant women with SEZ or pregnant women at risk of hypertension and mentoring children under five at risk accompanied by the distribution of PMBA. In addition, currently the Health Office is trying to optimize the distribution of blood-supplementing tablets (TTD) to young women. So, of all these programs, in this case the technical implementers are the puskesmas and posyandu.

3. Strategy for Supporting Health Service Resources in Efforts to Overcome Stunting Prevalence in Toddlers in Sumedang Regency in 2022

According to E. Hetzer (2012), after setting the targets and objectives of the program of activities, the focus of attention is the strategy of supporting resources, namely utilizing all available resources in a government, including various government agencies. Including human resources and infrastructure.

Based on the results of the interview, the resource strategy of the Health Office in an effort to overcome the prevalence of stunting is to strengthen existing networks in puskesmas, posyandu, and between other sectors. Besides this, Sumedang Regency already has an E-Simpat application that makes it easier for all sectors to monitor and intervene. This has similarities with the results of research conducted by Vita., et al (2019), that strengthening the role of the village through posyandu cadres and village midwives in coordination with OPD Leading sectors and across sectors in improving the skills of stunting cadres is very necessary. Given that posyandu is the technical implementer of the implementation of the intervention program. Meanwhile, adequate funds come from APBD, BOK and provincial APBD.

Based on the description above, researchers have the assumption that human resources and infrastructure are the most important part to carry out stunting reduction activities so that they can be optimal by only maximizing existing programs. The addition of human resource capacity accompanied by periodic monitoring and evaluation activities can create more qualified and professional human resources. So that the allocation of funding sources for stunting treatment can be right on target.

1. CONCLUSION

Based on the description of the research results, the strategy of the Department of Health in an effort to overcome the prevalence of stunting in children under five in Sumedang Regency in 2022 in order to maximize existing intervention programs can be concluded as follows:

1. The Health Office is active in the Sumedang Regency Stunting Reduction Acceleration Team (TPPS) and collaborates both between sectors and across sectors.
2. There is an interpersonal communication strategy through a persuasive approach to the community. So that the community, especially the target of stunting, can be active in efforts to overcome the prevalence of stunting in Sumedang Regency.
3. Besides improving the skills and capacity of existing human resources and infrastructure, Sumedang Regency already has the E-Simpat application. So that the SKPD can directly monitor the prevalence of stunting and it is easy to intervene.

REFERENCES

- Antara News. 2021. *Prevalensi dan Jumlah Balita Stunting Di Dunia 2021* (<https://antaranews.com/joint-child-malnutrition-estimates-2016-2021>., diakses pada 25 April 2022 pukul 13.45 WIB)
- Ayu, D. S. (2020). Strategi Dinas Kabupaten Klaten Dalam Penanggulangan Gizi Buruk. *Universitas Sebelas Maret*.
- Bahri, S. (2021). Strategi Dinas Kesehatan Dalam Menekan Laju Penderita Stunting Di Kabupaten Enrekang. *Universitas Muhammadiyah Makassar*.
- C, R. (2014). *Malnutrition in Asia*. UNICEF East Asia Pasific.
- Data Publikasi Stunting Sumedang Dinas Kesehatan Tahun 2021.
- Data Stunting Februari 2022 BAPPPPPEDA Kabupaten Sumedang.
- Data Stunting Jawa Barat. 2021. *Presentase Balita Stunting Kabupaten/Kota di Provinsi Jawa Barat Tahun 2019* (<https://opendata.jabarprov.go.id/presentase-balita-stunting-kabupaten-kota-di-provinsi-jawa-barat-tahun-2019>., diakses pada 27 April 2022 pukul 14.00 WIB)
- David, F. R. (2008). *Strategic Manajement*. Jakarta: Salemba.

- Endang, A. L. (2020). *Pencegahan Stunting Pentingnya Peran 1000 Hari Pertama Kehidupan*. Depok: Rajagrafindo Persada.
- Fathul, Arif. 2021. *Angka Stunting di Sumedang Meningkat 40,6% Selama Tahun 2021* (<https://inisumedang.com/angka-stunting-di-sumedang-meningkat-40,6%-selama-tahun-2021>., diakses pada 28 April 2022 pukul 13.20 WIB)
- Heri, R. (2017). *Teknik Pengambilan Sampel*. FMIPA Pendidikan Matematika
- Kemkes RI. 2018. *Situasi Balita Stunting di Indonesia* (<https://kemkes.go.id/situasi-balita-stunting-di-indonesia>., diakses pada 26 April 2022 pukul 10.45 WIB)
- Kemkes RI. 2021. *Penurunan Prevalensi Stunting Tahun 2021 Sebagai Modal Menuju Generasi Emas Indonesia 2045* (<https://sehatnegeriku.kemkes.go.id/penurunan-prevalensi-stunting-tahun-2021-sebagai-modal-menuju-generasi-emas-indonesia-2045>., diakses pada 26 April 2022 pukul 11.30 WIB)
- Kennedy, R. (2020). *Strategic Manajement*. United States: Virginia Publishing.
- Masturoh, I. (2018). *Metodologi Penelitian Kesehatan*. Jakarta: Kemenkes RI.
- Nurlatif Vita.,dkk (2019). *Stunting : Besaran Masalah dan Strategi Pencegahannya di Kabupaten Pekalongan. Universitas Pekalongan.*
- Peraturan Bupati Sumedang No. 82 Tahun 2019. *Percepatan Penurunan dan Pencegahan Stunting Terintegrasi* (<https://jdih.sumedang.kab.go.id>., diakses pada 29 April 2022 pukul 10.00 WIB)
- Purba, S. H. (2020). *Analisis Implementasi Kebijakan Penurunan Stunting di Desa Secangang Kabupsten Langkat. UIN Sumatera Utara.*
- Profil Kabupaten Sumedang 2022. (<https://kabsumedang.go.id/profil-kabupaten-sumedang-tahun-2022>) diakses pada 04 Juli 2022 pukul 16.00 WIB)
- Raja Aria.,dkk (2021). *Implementasi Kebijakan Penanggulangan Stunting Oleh Dinas Kesehatan di Kabupaten Sukabumi. Universitas Muhammadiyah.*
- Riskesdas. 2018. *Hasil Riset Kesehatan Stunting* (<https://kesmas.kemkes.go.id/hasil-riskesdas-2018>., diakses pada 27 April 2022 pukul 16.35 WIB)
- RM, R. (1981). *Strategi Pengendalian Administrasi Perusahaan*. Bandung: Angkasa.
- Sandi, Acep. 2020. *Tanjungmedar dan Cibugel Jadi Penyumbang Angka Stunting Terbanyak di Sumedang Tahun 2020* (<https://korsum.id/tanjungmedar-dan-cibugel-jadi-penyumbang-angka-stunting-terbanyak-di-sumedang-tahun-2020>., diakses pada 28 April 2022 pukul 09.37 WIB)
- Sugiyono, P. (2013). *Metodologi Penelitian Kuantitatif dan Kualitatif*. Bandung: Alfabeta.
- Susanti Nur.,dkk. (2022). *Strategi Akselerasi Penurunan Stunting Wilayah Pesisir Kabupaten Pekalongan. Universitas Pekalongan.*
- Taufiqurokhman. (2016). *Manajemen Strategik*. Jakarta: FISIP Universitas Prof. Dr. Moestopo.
- Wulan, M. (2018). *Mengukur Status Kesehatan Penyakit*.
- Yunus, E. (2016). *Manajemen Strategis*. Yogyakarta: Andi Offset.