

## Maintaining Health for The Future

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### Abstract

Health for the future is an effort that must be made among the community, why is that? because we often encounter some people who do not care about environmental health, especially their own health. Getting a healthy body and mind is not easy.

There are tons of plans and trainers who claim they can do it easier and faster than anyone else. The hard realization is that getting healthy is a process and the best way is not the easiest or fastest. health systems with a focus on predicting and proactively preventing disease at the community level rather than providing reactive care when someone falls ill. Preventing disease before it occurs can reduce health care expenditures and the incidence and severity of disease. By maintaining our health we can minimize disease in the body. because health is a long-term investment until old age which plays a very important role in life success. Being healthy is expensive, so a person whose body is healthy until old age is like someone who has a superior and expensive investment.

### Article History:

### Keywords:

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## 1. Introduction

Based on the results of the Survey on the Status of Nutrition in Indonesia (SSGI), the stunting rate in Indonesia will reach 21.6% in 2022. Based on the results of this figure, Indonesian President Joko Widodo outlined a reduction target of 14% by 2024, after reaching 24.4% in 2021. Looking at this, we can conclude that stunted growth is not only related to mental health issues, but also to mental illnesses that can reduce children's ability to learn. In addition, Health Minister Budi Gunadi Sakidin is also targeting a reduction in the stunting rate in the general population this year, as the prevalence of stunting should be less than 20% according to WHO standards. As is well known, stunting is a chronic nutritional problem caused by inadequate long-term nutrition, especially in the first days of a child's life, from infancy to two years of age. This condition can affect children's cognitive development and intelligence and is associated with shorter growth. As a result, stunted children have lower cognitive skills, more learning difficulties and are more likely to develop chronic diseases in adulthood.

The study of pregnancy is of great interest in many fields because of its significant impact on future human health. In addition, nutritional factors also play an important role in child development, as deficiencies in essential nutrients such as protein, vitamins and minerals can affect physical development and brain growth. For this reason, stunting is often linked to socio-economic conditions, access to health services, parenting and poor dietary habits. The main causes of stunting are due to many factors, including young people's knowledge of nutrition, access to nutritious food and parents' lack of understanding of the importance of nutrition. Socio-economic factors, poor sanitation and limited access to health services also contribute.

This storm cannot be averted by improved nutrition alone, but requires a holistic approach that supports education and improved access to health services, as well as a good social and environmental environment, so that the socialisation programme 'Realising smart children, towards a glorious future, balanced nutrition and no more stunting' can achieve healthy, smart, stunting free children.

## 2. Methods

This study used a qualitative approach to understand stunting, focusing on parents and nutrition as influencing children's intelligence. The identification process aims to find out how parents and nutrition contribute to child development and the possibility of stunting.

a) The data collection method used was a questionnaire: The author conducted a survey of parents on nutrition and knowledge in the surrounding community. The purpose of this survey is to analyse in depth their experiences and knowledge.

b) Focus group discussion (FGD): This discussion also aims to clarify their understanding of the relationship between nutrition and child development.

### **Data sources and literature :**

The literature used in this research was obtained through library research and includes online journals, articles, and other credible sources related to stunting and nutrition. The prevalence data collected from observations will be analyzed to provide a holistic picture of the nutritional and stunting conditions in the mentioned districts.

### **Analysis data :**

Data from the analysis and observation results, discussions will be analyzed using thematic coding techniques to identify emerging themes and patterns. Data triangulation will be conducted to ensure the accuracy and validity of the obtained information.

## RESULT OF ASSESSMENT DATA BASED ON QUESTIONNAIRE

NO	Evaluation	Assessment Levvel (%)	
		Yes	No
1	Do mothers know what stunting is?	93,80%	6,20%
2	Have you ever heard of them stunting?	93,80%	6,20%
3	Can the lower birth weight of a baby cause stunting?	75%	25%
4	Is gender one of the causes of stunting?	68,80%	31,20%
5	Is the education of parents, especially mothers, one of the causes of stunting?	56,30%	43,80%
6	Do you think that good nutritional status in young children is a state in which the intake of nutrients matches the needs of physical activity?	93,80%	6,20%
7	Do you agree that stunting is a curable disease?	100%	0%
8	Do you agree that feeding a high-protein diet can prevent stunting?	87,50%	12,50%
9	Do you agree that the nutrition of pregnant women affects the fetus?	100%	0%
10	Do you agree that exclusive breastfeeding(ASI) prevents stunting?	93,80%	6,20%

11	Do you agree that giving complementary foods to breastfeeding / ASI (MPASI) prevents stunting?	87,50%	12,50%
12	Do you agree that your child's delayed growth needs further investigation?	93,80%	6,20%
13	Do you agree that stunting affects children's intelligence?	87,60%	12,40%
14	Do you make your children wash their hands with soap before and after eating?	100%	0%
15	Did the mother breastfeed/ASI the child for the first 6 months and did she continue to breastfeed the child?	87,50%	12,50%
16	Do you provide nutritionally balanced complementary foods?	100%	0%
17	White rice, chicken, vegetables, banana, milk is the most nutritious food for toddlers?	100%	0%
18	Do you think it is important for children to have good nutrition?	100%	0%
19	Do you think the golden period of growth and development should be supported by good	100%	0%
20	Does the right environment have an impact on stunting?	93,80%	6,20%

### 3. Result

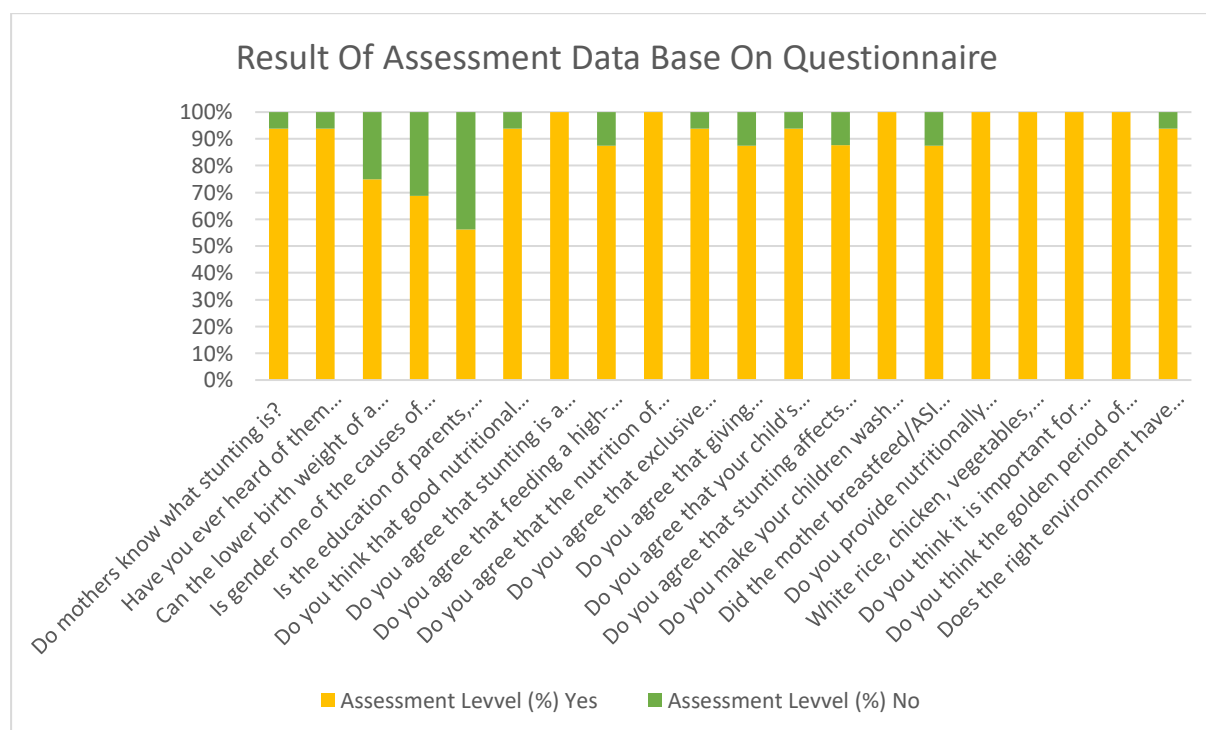
Maintaining a healthy body through a healthy lifestyle is an important investment in the future, as maintaining a healthy body reduces the risk of disease and decreases the rate of transmission of viruses or bacteria. An excellent body condition will provide enough energy to perform various tasks efficiently. By living a healthy lifestyle, you can improve your quality of life in the future. Based on the results of the Indonesian Nutrition Status Survey (SSGI), the stunting rate in the country will reach 21.6% by 2022. Based on these results, Indonesian President Joko Widodo has set a reduction target of 14.4% by 2024, down from 24.4% in 2021. This suggests that stunting is not only related to mental health problems, but also to mental illnesses that can reduce children's ability to learn. It is well known that stunting is a chronic nutritional problem caused by long-term under-nutrition, especially in the early years of a child's growth, from infancy to two years of age. This condition can affect children's cognitive development and intelligence, which correlates with children being shorter than the average height for children in the United States.

Therefore, those who are stunted have poorer cognitive abilities, have more difficulty learning, and are at higher risk of developing chronic diseases in adulthood. The questionnaire results show that parents' level of understanding of balanced nutrition and stunting varies. Most people understand the importance of balanced nutrition and stunting, but there are still gaps in knowledge about balanced nutrition. Many people misunderstand stunting, without knowing its relationship to unbalanced nutrition. Based on the data we obtained, 93% of breastfeeding mothers know about stunting. Stunting is very influential on the growth and development of children so that they can develop well in adolescence to adulthood. 87% of mothers agreed that stunting has an impact on children's health. The impact of stunting can cause disruption of brain development, metabolism and physical growth. Physically, children who are stunted tend to have a shorter height

than their peers. However, stunting can be cured if the child is under 5 years old. 100% of mothers agreed that children can return to health if their nutrition is adequate.

75% of mothers agreed that low birth weight in children can lead to stunted growth because the foetus did not receive adequate nutrition during pregnancy. 31% of mothers disagreed that gender is one of the causes of stunting, although gender differences can affect growth patterns. 56% of mothers agreed that parental education plays an important role in determining parenting and understanding of nutrition. 93% of mothers agreed that good nutritional status in early childhood is when nutrient intakes match physical activity requirements. 87% of mothers agreed that a protein-rich diet can prevent stunted growth because essential nutrients are needed for growth. 100% of mothers agreed that the diet of pregnant women affects the foetus. 93% of mothers agreed that breastfeeding can prevent stunting because breast milk is a source of nutrients for infants. 87% of mothers agreed that complementary feeding can supplement the baby's nutritional needs. 93% of mothers agreed that delays in child growth need to be investigated further, especially if the child is not growing adequately. 100% of mothers agreed that complementary foods such as white rice, chicken, vegetables, bananas and milk are nutritious and that the golden period of growth and development should be supported by good nutrition. 6% of mothers disagreed that The right environment can have an impact on stunting because the right environment supports optimal child development. By 2024, the number of stunted children is decreasing dramatically year on year because mothers already know how to overcome stunting by providing a balanced diet for their children. However, knowledge alone is not enough; it must be supported by the availability of nutritious and affordable foods such as fruits, vegetables, meat and eggs. Pregnant women also need to be educated about the importance of a balanced diet during pregnancy.

**FIGURE 1**



#### 4. Discussion

The results of the questionnaire showed an increased awareness of the importance of a balanced diet to prevent stunting in young children, adolescents and also the elderly. Most respondents understood the concept of a balanced diet and the negative impact of stunting on child development. However, there are still many challenges to overcome in daily practice. The main barrier identified was limited access to nutritious food, especially for families with limited economic means.

Evaluation results of the training programme showed an increase in knowledge following participation in the programme. Participants found the education programme useful and provided relevant information. However, more work is needed to change daily behaviours and habits. There should be a more intensive and consistent monitoring programme to include this as a facilitator and to reinforce the messages delivered to increase community participation. Further analysis showed that there was an association between education level and family income with knowledge and practices of child feeding. Parents with higher levels of education tended to have more knowledge about balanced diets and were more likely to provide nutritious food to their children.

#### 5. Conclusion

An analysis of Indonesia's alarming stunting rates is included in the study; according to a 2022 forecast, the rate may potentially reach 21.6%. By 2024, the Indonesian government wants to cut this number by 14%. Children's cognitive and physical development are negatively impacted by stunting, which is associated with inadequate nutrition at important developmental stages and compromises their potential as adults. The authors make the case for a comprehensive strategy to address stunting, one that incorporates better health services, increased availability to wholesome meals, and nutrition education. They also suggest that community programs that support balanced diets are necessary to foster healthy growth.

The study used qualitative techniques, such as surveys and focus groups, to investigate the connection between child growth and parental nutrition knowledge. The findings showed that parents were generally well-informed about balanced diet and significantly aware of the negative health effects of stunting. Effective dietary habits were, however, hampered by gaps in thorough knowledge and access to nutrient-dense foods. For example, there was a significant lack of association between stunting and imbalanced diets, even though 93% of nursing moms reported knowing about stunting. The results emphasize that raising parents' nutritional literacy is crucial to improving the health of their kids. Socioeconomic variables that impact food availability should be addressed, and efforts should be made to increase knowledge on healthy eating, especially for pregnant moms. The article's conclusion emphasizes the necessity of systemic changes to support community health by stating that leading a healthy lifestyle is not only essential for present health but also acts as a key investment for the future.

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