

Providing Complementary Food Made from Local Food for Toddlers in Indonesia: A Literature Review

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ABSTRACT

Stunting is still a relatively high nutritional problem for toddlers in Indonesia. Even though the stunting rate is decreasing yearly, the downward trend is not fast enough to reach the target of 14% in 2024. The national team for accelerating poverty reduction in 2017 reported that access to nutritious food is still lacking because the price of healthy food is relatively high, which is one of the factors influencing stunting. Therefore, the government's strategy to accelerate stunting includes providing complementary food made from local food for toddlers and pregnant women to reduce stunting in Indonesia. This literature review aims to see how implementing the complementary food program made from local ingredients handles the stunting problem. A literature review is the result of a literature study through collecting and reviewing previous research. The data used are articles based on the Google Scholar database using the keywords stunting and local food, with a publication year limit of 5 years (2017 to 2023). Indonesia is the third largest country in the world regarding biodiversity (Food Security Agency). Various studies show that processed local Indonesian food has good nutritional content to fulfill children's dietary needs. Many regions have started to use local food as the leading choice of

complementary food for toddlers and pregnant women. It is hoped that local food processing can be a nutritious food solution for improving children's nutrition in a sustainable manner in Indonesia.

Keywords: complementary food; toddler; local food; Indonesia

INTRODUCTION

The incidence of chronic malnutrition in children is still a global health problem. To date, the number of stunting cases is the highest compared to other forms of child malnutrition. Organization World Health (WHO) noted that in 2022, around 148.1 million children under five years (22.3%) suffer from stunting, 45 million children under five (6.8%) are underweight, and 37 million children under five (5.6%) are overweight.^{1,4}

Indonesia is a country with a very high stunting rate in the world. Based on the 2022 Indonesian Nutrition Status Survey results, the number of stunted toddlers in Indonesia is 22.1%.^{2,3} This figure has decreased from 24.4% in the previous year. However, the prevalence of stunting over the last ten years shows that the reduction achievement is still far from the government's target of 14% by 2024.^{2,3,4}

According to WHO (2020), stunting is the condition of a child being short or short based on body length/height for age, which

is less than -2 standard deviation (SD) on the WHO growth curve. Stunting occurs due to inadequate nutritional intake and recurrent/chronic infections from the womb until the beginning of a child's life, known as the First 1000 days of life. Insufficient nutritional intake comes not only from a lack of food quantity but also from a lack of meal frequency and food diversity, especially during the MPASI period.^{3,4,5}

Stunting is a long-term nutritional problem. Children with stunting will most likely never reach their potential for brain development and optimal height growth. Long-term impacts include lower reasoning abilities, educational achievement, immune system, and work productivity. Many complex factors influence the incidence of stunting. Among the risk factors for inadequate nutrition for children at the household level is the family's lack of access to nutritious food. The 2017 national team for the acceleration of poverty reduction report stated that the price of healthy food in Indonesia is relatively high compared to several Asian countries.^{2,5,6,7}

The government has intensified efforts to deal with stunting over the last few years. The program to accelerate stunting reduction in toddlers is a priority of the government in the National Medium Term Development Plan 2020-2024. The complementary Feeding Instrument with food diversification based on local food resources is a step to increase food and nutritional security at the individual, family, and community level by the government, which is included in the fourth pillar of the national strategy to accelerate stunting reduction. This program aligns with WHO recommendations in 2003 in the Global Strategy for Infant and Young Child Feeding, namely prioritizing the use of locally prepared feed that is by local community patterns, is cost-effective, and is readily available.^{3,8,9,10,11}

RESULT

After collecting research articles based on the Google Scholar database with the

keywords "stunting" and "local food," the results of the articles were reviewed and limited by the inclusion criteria for the year of publication, namely five years (2017 to 2023), resulting in 53 articles used as research material for see how the complementary Food program made from local food for toddlers is an effort to reduce stunting in Indonesia.

All articles attach the potential of Indonesia's diverse biodiversity as a promising modality for the complementary feeding program. The biological resources discussed are those that are easily found in each community, namely fish, cassava, shellfish, moringa leaves, potatoes, tofu, tempeh, mushrooms, eggs, sago, pumpkin, purple sweet potato, breadfruit, corn, buffalo milk, eels, nuts, and soybeans. Various sources show that local Indonesian food products have good nutritional content, making them the first choice compared to factory-processed products. Several studies also state that home-cooked food is more popular with children during weaning than instant food because of its distinctive texture and aroma.^{9,12,13}

Research articles regarding the use of local food to reduce stunting come from various regions in Indonesia, from Aceh to Papua. This shows that almost all areas in Indonesia have started to prioritize local food-based complementary food. Activities to introduce local food potential include counseling and training targeting pregnant women, integrated healthcare center cadres, and young women. Besides that, innovation programs are launched by integrated healthcare centers or health centers related to local food processing, such as DAHSAT (Healthy Kitchen to Overcome Stunting), Gerobak Cinta, and Web Edu Digital.

DISCUSSION

Indonesia is the third most significant country in the inner world's diverse life. Giving food also needs diversification to fulfill children's needs for adequate nutrition. Knowledge about the method of processing material food and storing the

right food influences the content of the nutrition product end food. The complementary food program is made from locally sourced food and is already held through all health centers in Indonesia.^{10,14,15,16,17}

CONCLUSION

Processed food locally can become a solution for sustainable food that is nutritious for Indonesian children.

Declaration by Authors

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