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Judul Artikel : Chronic energy malnutrition in mothers associated with stunting
Nama Jurnal : **Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)**
Penulis : 1. **Alfi Fairuz Asna***
2. Muh. Nur Hasan Syah

No	Kegiatan	Tanggal	Keterangan	Halaman
1	Submission File	17 Januari 2023	E-mail	2-3
2	Revisi 1	12 Mei 2023	E-mail dan File Revisi	4-13
3	Pengiriman hasil perbaikan revisi 1	22 Mei 2023	E-mail	14
4	Artikel Terbit	Vol. 11, No. 2, September 2023	Website Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics): https://ejournal.almaata.ac.id/index.php/IJND/article/view/2988	15



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Chronic Energy Malnutrition in Mothers Associated with Stunting in Karawang Regency

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Commented [BP2R1]: Suggested title: Maternal chronic energy deficiency is associated with child stunting in Karawang Regency

ABSTRAK

Latar Belakang: Stunting merupakan masalah gizi yang berdampak dalam jangka panjang. Stunting mempunyai dampak pada perkembangan kecerdasan, perkembangan fisik, meningkatkan risiko infeksi, dan sebagai contributor yang signifikan dalam meningkatkan risiko kesakitan dan kematian. Angka stunting di Indonesia masih tinggi menurut WHO (30,8%). Status gizi ibu berkontribusi pada pembatasan pertumbuhan janin yang meningkatkan risiko BBLR dan meningkatkan risiko stunting.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi ibu saat hamil dengan kejadian stunting pada anak usia 6-23 bulan di Kabupaten Karawang.

Metode: Penelitian ini merupakan penelitian observasional dengan desain cross-sectional. Jumlah sampel sebanyak 207 anak berusia 6-23 bulan di desa Srikamulyan, Kabupaten Karawang. Pengambilan data menggunakan kuesioner terstruktur untuk mengetahui identitas anak, identitas ibu, status gizi anak, riwayat status gizi ibu saat hamil, dan data sosiodemografi. Pengukuran antropometri terhadap tinggi badan ibu menggunakan microtoise dan panjang badan anak menggunakan length board. Data dianalisis menggunakan analisis univariat dan bivariat.

Hasil: Hasil penelitian menunjukkan sebanyak 23,67% anak usia 6-23 bulan mengalami stunting di Desa Srikamulyan. Ibu yang mengalami Kekurangan Energi Kronis selama kehamilan sebanyak 8,2%. Analisis data menunjukkan bahwa ibu dengan Kekurangan Energi Kronis selama kehamilan berhubungan dengan stunting pada anak usia 6-23 bulan ($p < 0,05$).

Kesimpulan: Malnutrisi Energi Kronik selama kehamilan berhubungan dengan kejadian stunting pada anak usia 6-23 bulan. Pencegahan dari remaja putri merupakan upaya kunci penting dalam meningkatkan status gizi ibu usia subur dan ibu hamil dalam rangka mencegah stunting.

KATA KUNCI: Kurang Energi Kronis; Stunting; Status Gizi Ibu Hamil; Anak Usia 6-23 bulan

ABSTRACT

Background: Stunting is a nutritional problem that has a long-term impact. It has an impact on children's cognitive and physical development, serious infections, and makes a significant contribution to mortality and morbidity. According to WHO, the stunting rate in Indonesia is still high (30.8%). Maternal nutritional status contributes to fetal growth restriction which increases the risk of low birth weight and increases the risk of stunting.

Objectives: This study aims to determine the relationship between maternal nutritional status during pregnancy and stunting in children aged 6-23 months in Karawang Regency.

Methods: This study is an observational study with a cross-sectional design. The number of samples was 207 children aged 6-23 months in Srikamulyan village, Karawang regency. Data were collected using a structured questionnaire to determine the identity of the child, the identity of the mother, the nutritional status of the child, the history of the nutritional status of the mother during pregnancy, and sociodemographic data. Anthropometric measurements of the mother's height using a microtoise and the child's body length using a length board. Data were analyzed using univariate and bivariate analysis.

Results: The results showed that as many as 23.67% of children aged 6-23 months experienced stunting in Srikamulyan Village. Mothers who experience Chronic Energy Malnutrition during pregnancy as much as 8.2%. Data analysis showed that mothers with Chronic Energy Malnutrition during pregnancy were associated with stunting in children aged 6-23 months ($p < 0.05$).

Conclusions: Chronic Energy Malnutrition during pregnancy is associated with the incidence of stunting in children aged 6-23 months. Prevention efforts from adolescent girls are an important key in improving the nutritional status of women of childbearing age and pregnant women ~~in order~~ to prevent stunting

KEYWORD: chronic energy malnutrition; stunting; maternal nutritional status; children aged 6-23 months

Article info:

Article submitted on Month Date, Year

Articles revised on Month Date, Year

Articles received on Month Date, Year

INTRODUCTION

Malnutrition remains a critical public health problem among children under the age of five years in developing countries including Indonesia. Malnutrition is caused by multiple interlinked factors and has both short and ~~long-long~~ term detrimental health effects (1,2). In some developing countries, it is estimated that 12 million children under 5 years of age die from infection, and malnutrition is a contributing factor to half of these deaths (3). According to the World Health Organization (WHO), at least 155, 52, and 99 million children under the age of five were stunted, wasted, or underweight in 2016 (4,5).

Stunting is classified as a height-for-age Z score of less than -2, or two standard deviations under the age-sex median for a very well reference population (6). Stunting, like other anthropometric measurements, is a critical public health indicator. The Lancet series on maternal and child undernutrition recommended ~~for~~ the use of stunting and wasting in trying to assess nutritional status, designing programs, and evaluating outcomes (7,8). It also highlighted stunting's long-term effects on adult health and human capital (9).

Stunting has a complex etiology. Realizing the causal factors in the prenatal period, such as maternal height, weight gain, anemia, and infection, and also the postnatal period, such as infant and child feeding and infections, is critical. Stunting is thought to be closely related to income and access to health care (8). A ~~mother who is underweight~~ underweight mother is at a higher risk of stunting and wasting, highlighting the importance of maternal body composition on pregnancy outcomes. Stunting is also increased by the mother's young age at first delivery (10).

Stunting is a consequence of malnutrition in children. According to data from Indonesian Basic Health Research (Riskesdas) (2013), the prevalence of stunting nationally in 2013 was 37.2 percent, which means an increase compared to 2010 (35.6%) and 2007 (36.8%). The results of the Indonesian Basic Health Research (Riskesdas) in 2018, the stunting rate decreased to 30.8% (11,12). This incidence rate is still high ~~where and~~ the recommendation from WHO for stunting in children is <20%. Karawang Regency is one of the priority districts for stunting interventions because the prevalence ~~was~~ quite high, namely 34.87% (13).

Toddlers who experience stunting will increase the risk of failure in growth and development. According to the UNICEF framework, the direct causes of nutritional problems including stunting are poor nutritional intake and infectious diseases, while the indirect factors are parenting patterns, availability of health services, and food availability at the family level (14). In developing countries, growth failure begins several months after birth. The causes of premature stunting are not known with certainty, but include inadequate intake of nutrients and infection (15).

Maternal nutritional status during pregnancy is a critical causative factor in the first thousand days of life. The nutrition of a pregnant woman is the primary source of food for embryonic growth and development, which is the start of life (16). Maternal malnutrition contributes to fetal growth restriction which increases the risk of neonatal death and for babies born to survivors to experience stunting at the age of 2 years (5). Poor nutrition throughout pregnancy, which would be the beginning of life in the first

thousand days of life, when growth occurs at a rapid pace, is dangerous to stunting in the first two years of life(5). Research by Black et al (2008) also stated that there is a relationship between maternal nutritional status (BMI and height) with fetal growth restriction, which will result in low birth weight. Fetal growth restriction also contributes to stunting and underweight in children. The study also stated that mothers who experienced stunting (height <145 cm) and low BMI had a higher risk of giving birth to premature babies (7). A study shows that if the mother's height or BMI is low, their child is more likely to be stunted (17). Maternal malnutrition i-can be seen by anthropometric indicators such as low ~~mid-mid~~-upper arm circumference (MUAC) (18). From the explanation above, it can be concluded that ~~there are many factors that~~many factors influence the incidence of stunting, one of which is the nutritional status of the mother. This study aims to determine the relationship between maternal nutritional status and the incidence of stunting.

MATERIALS AND METHODS

This research was an observational study with a ~~cross-cross~~-sectional design. This research was conducted in two villages in Karawang Regency, namely Sukaluyu Village, Teluk Jambe Timur District and Sri Kamulyan Village, Tirtajaya District. The reason for choosing Sukaluyu Village was because it was included in sector 17 in the implementation of the Thematical Community Service Program (KKN) "Citarum Harum" according to the Decree of the Head of Region III Higher Education Service Institute, Number: 628/L3/KM/2018. ~~While-Meanwhile,~~ the reason for choosing Srikamulyan Village was because it was one of the villages to accelerate the stunting reduction in Karawang Regency according to the direction of acceleration stunting reduction in 10 Priority Regencies/Cities in Indonesia.

The sample in this study was 207 ~~samples~~-(mothers whose ~~se~~-have toddlers were aged 6-23 months). ~~Sampling~~The sampling technique was using-non-probability with purposive sampling. ~~The d~~Data taken are-included sociodemographics ~~s-data~~, the child's weight and length, and data on maternal health history during pregnancy. Data collection was done by measuring and interviewing respondents directly. Sociodemographic data were obtained by using a questionnaire. Data on the child's weight and length were taken using a digital weight scale and a ~~length-length~~-measuring device (length_board). Maternal health data were taken by interviewing using a questionnaire and reconfirmed using a maternal and child health book (KIA).

Analysis of research data was carried out to determine the prevalence of stunting

Commented [BP3]: Please add the following information:

1. Operational definition of stunting
2. Operational definition of chronic energy deficiency
3. Inclusion and exclusion criteria

in Sukaluyu Village and Srikamulyan Village and to describe the nutritional status of mothers during pregnancy. Univariate analysis ~~using excel~~ Excel or using the STATA program. Bivariate analysis was used to determine the relationship between the independent variable and the dependent variable using the chi-square test. This research has received ethical approval with number 03/18.12/034 from ~~the research~~ Research Ethic ~~commission~~ Commission Universitas Muhammadiyah Dr. Hamka (2).

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RESULTS AND DISCUSSIONS

~~The sample in this study was 207 under-fives~~ children (aged 6 – 23 months). ~~the~~ The results of anthropometric measurements showed that the prevalence of stunting in children aged 6-23 months in Sukaluyu and Sri Kamulyan villages was 31%. Table 1 shows the characteristic of ~~the~~ sample. The average body length of under-fives children (aged 6 – 23 months) was 73.97 cm and body weight ~~were was~~ 8.7 kg.

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~~Table-Table~~ 1. Characteristics of the Sample Based on the Nutritional Status of children under two and Mother

Variable	N	Minimum	Maximum	Mean
Body weight	207	5,5	29,5	8,7
Body length	207	46	93	73,97
Mother's weight	207	34	98	56,4
Mother's height	207	135	175	154

Resource: Primary Data

~~Table-Table~~ 2. Frequency Distribution of Stunting Children ~~Age-aged~~ 6-23 Months based on Z-score

Variable Sex	Stunting (n%)	Not Stunting (n%)
Male	29 (28,71%)	72 (71,29%)
Female	20 (18,87%)	86 (81,13%)
Total	49 (100%)	158 (100%)

The mother's average weight at the time of data collection was 56.4 kg and ~~the~~ height ~~was~~ 154 cm. We can see from the results in ~~table-Table~~ 1 that there are mothers who have a height of less than 150 cm. According to research by Amaha and Woldeamanuel (2021), mothers with a height of less than 150 cm have a risk of having stunted children 2.5 times compared to mothers with a height above 160cm (19). Table 2 shows that there are 28.71% of boys ~~who wea~~re stunted and 18.87% of girls ~~who wea~~re stunted.

Table 3 is the result of statistical tests that show the relationship between maternal nutritional status and the incidence of stunting in children aged 6-24 months. The results of statistical tests showed that there was a significant relationship between maternal nutritional status and the incidence of stunting in children aged 6-24 months ($p < 0.05$).

Table 3. Relationship between Maternal Nutritional Status and Stunting (Children aged 6-23 Months)

Variable	Stunting (n%)	Not Stunting (n%)	Total (n%)	P-Value
Mother's Nutritional Status				0,018*
Chronic Energy Malnutrition	9 (52,94%)	8 (47,06%)	17 (100%)	
Not Chronic Energy Malnutrition	149 (78,42%)	158 (100%)	190 (100%)	

This study found that mothers who experienced chronic energy malnutrition and had stunting-stunted children were 47.06% and mothers who did not have chronic energy malnutrition had stunted children as many as by 21.58%. These results are in line with research conducted by Fajrina (2016), namely mothers who had ve chronic energy malnutrition (Upper Arm Circumference (LLA) < 23.5 cm) and had ve stunted children by 75% and those who did not have chronic energy malnutrition (Upper Arm Circumference (LLA) ≥ 23.5 cm) had ve stunting children of 41.9% (20). Research conducted by Elfrida (2015) stated de that mothers who experience SEZ and had ve stunting-stunted children we 71.4% and those who did not have chronic energy malnutrition had ve stunting-stunted children by 28.6% (21). Based on tThe results of statistical tests that looked at the relationship between maternal nutritional status as measured using the Upper Arm Circumference (LLA) indicator, it showed that there was a significant relationship between maternal nutritional status and the incidence of stunting in children aged 6-24 months. These results indicated d that this study wa is in line with research conducted by Fajrina (2016) and Sartono (2013) which showed that there was a significant relationship between chronic energy malnutrition and the incidence of stunting (20,22).

In addition, research by Trihardiani (2011) also show eds that pregnant women who experience ede chronic energy malnutrition (KEK) had ve an 8.24 times greater risk of

giving birth to babies with low birth weight and ~~will have~~ stunting effects on children (23). Mothers who had ~~ve~~ a history of chronic energy deficiency during pregnancy can inhibit the growth process of the fetus, so the mother ~~was~~ at risk of giving birth to babies with low birth weight and at risk of having stunted children by 4.154 times (24,25). Pregnant women with chronic energy malnutrition ~~awere~~ the cause of 25-30% Intrauterine Growth Retardation (IUGR) in the fetus which can cause not optimal growth after birth. In addition, children who ~~haved~~ a history of LBW ~~would will~~ experience slower linear growth compared to children born with a history of normal birth weight. Research Wellina, et al. (2016) regarding risk factors for stunting said that the proportion of children aged two years with low birth weight tended to have a stunting risk of 3.63 times compared to children under two years of age who had normal weight at birth (26).

Research conducted ~~ed~~ by Kpewou, et al (2020) showed ~~ed~~ that infant length-for-age z-scores were substantially correlated with maternal MUAC (regression coefficient 0.06, 95% CI [0.03, 0.09]). Infants born from mothers with low MUAC during pregnancy had a 1.6 times higher risk of stunting during the first 3.5 months of life compared to infants born from mothers with a MUAC > 23cm (odds ratio 1,621, 95% CI [0,998, 2,636]) (18).

The necessity of maintaining a healthy maternal MUAC during pregnancy ~~was~~ shown by this study. Improving mother MUAC during pregnancy should be incorporated into interventions that seek to combat ~~newborn childhood~~ stunting.

CONCLUSIONS AND RECOMMENDATIONS

There is a significant relationship between maternal ~~nutritional status~~ ~~chronic energy deficiency~~ during pregnancy (chronic energy malnutrition) and the incidence of stunting in children aged 6-23 months. These results indicate that nutritional interventions from the period of adolescent girls to pregnant women are ~~very willing~~ ~~key~~ to ~~reduce~~ ~~reducing~~ stunting rates in Indonesia.

CONFLICT OF INTEREST AND FUNDING DISCLOSURE

All authors have no conflict of interest in this article

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Chronic energy malnutrition in mothers associated with stunting

Alfi Fairuz Asna, Muh. Nur Hasan Syah

Abstract

Background: Stunting is a nutritional problem that has a long-term impact. It has an impact on children's cognitive and physical development, serious infections, and makes a significant contribution to mortality and morbidity. According to WHO, the stunting rate in Indonesia is still high (30.8%). Maternal nutritional status contributes to fetal growth restriction which increases the risk of low birth weight and increases the risk of stunting.

Objectives: This study aims to determine the relationship between maternal nutritional status during pregnancy and stunting in children aged 6-23 months in Karawang Regency.

Methods: This study is an observational study with a cross-sectional design. The number of samples was 207 children aged 6-23 months in Srikamulyan village, Karawang regency. Data were collected using a structured questionnaire to determine the identity of the child, the identity of the mother, the nutritional status of the child, the history of the nutritional status of the mother during pregnancy, and sociodemographic data. Anthropometric measurements of the mother's height using a microtoise and the child's body length using a length board. Data were analyzed using univariate and bivariate analysis.

Results: The results showed that as many as 23.67% of children aged 6-23 months experienced stunting in Srikamulyan Village. Mothers who experience Chronic Energy Malnutrition during pregnancy as much as 8.2%. Data analysis showed that mothers with Chronic Energy Malnutrition during pregnancy were associated with stunting in children aged 6-23 months ($p < 0.05$).

Conclusions: Chronic Energy Malnutrition during pregnancy is associated with the incidence of stunting in children aged 6-23 months. Prevention efforts from adolescent girls are an important key in improving the nutritional status of women of childbearing age and pregnant women in order to prevent stunting

Keywords

chronic energy malnutrition; stunting; maternal nutritional status; children aged 6-23 months

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