

Women's Empowerment in the Form of Providing Education About Complementary Feeding as an Effort to Prevent Stunting

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Abstract

Stunting is a failure to grow (*growth faltering*) in children under five due to chronic malnutrition, especially in the first 1,000 days of life. *Stunting* can affect brain growth and development. Child *stunting* also increases the risk of chronic diseases in adulthood (Muliani, 2022). Based on Indonesia's nutritional status survey, the prevalence *is stunting* in Indonesia in 2022 decreased to 21.6% (Kemenkes RI, 2022). Prevalence *Stunting* in Cirebon Regency is as much as 18.6%, and the target in 2024 is 14% (Cirebon Regency Health Office, 2024). One factor that affects children's nutritional status is nutritional intake, including the provision of adequate complementary foods. Complementary foods are given to children after the age of 6 months to 2 years, along with continued breastfeeding. This study aims to improve the knowledge and skills of mothers and families in prevention efforts by providing adequate complementary foods. The data collection method used a case study approach through maternal and family empowerment, providing education about complementary foods in 6-month-old infants, which aims to prevent *stunting*. The results are an increase in maternal knowledge and awareness about stunting, and baby mothers can practice making complementary feeding correctly, affecting babies' growth and development.

Keywords

Women's Empowerment, Stunting, Education, Complementary Feeding