

EVALUATION OF STUNTING COUNTERMEASURES STRATEGIES IN INDONESIA

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Abstract

Stunting is a major health problem for toddlers in Indonesia. To prevent and overcome stunting in Indonesia, the central and regional governments have established various policies and programs to accelerate stunting reduction. This study aims to evaluate government policies and programs from existing studies on the government's strategy for tackling stunting cases in Indonesia. This study used a systematic review method on case study journals indexed by Sinta with the keyword "Stunting Prevention and Management" searched through the Google Scholar database with a range of 2019 - 2023. Based on the researcher's search, five journals met the following criteria. Evaluation based on input, process, and output parameters from case studies on preventing and controlling stunting in Indonesia. The results of a systematic review show that the process of preventing and overcoming stunting in Indonesia is quite good but not optimal. The Covid-19 pandemic is one of the factors causing the process of preventing and overcoming stunting in Indonesia not to be optimal. At the same time, other problems include limited human resources, financing, and inadequate facilities or facilities in several areas.

Keywords: Government Policy, Indonesia, Program Evaluation, Stunting, Systematic Review

Abstrak

Stunting menjadi masalah kesehatan utama bagi balita di Indonesia. Sebagai upaya pencegahan dan penanggulangan stunting di Indonesia, pemerintah pusat hingga daerah menetapkan berbagai kebijakan dan program untuk melakukan percepatan penurunan stunting. Penelitian ini bertujuan untuk mengevaluasi kebijakan dan program pemerintah dari studi – studi yang telah ada terkait dengan strategi pemerintah dalam penanggulangan kasus stunting di Indonesia. Penelitian ini menggunakan metode sistematik review pada jurnal-jurnal studi kasus ter-indeks Sinta dengan kata kunci "Pencegahan dan Penanggulangan Stunting" yang dicari melalui database Google Scholar dengan rentang tahun 2019 – 2023. Berdasarkan penelusuran peneliti, terdapat 5 buah jurnal sesuai kriteria yang kemudian evaluasi berdasarkan parameter input, proses, dan output dari studi kasus pencegahan dan penanggulangan stunting di Indonesia. Hasil sistematik review menunjukkan bahwa proses pencegahan dan penanggulangan stunting di Indonesia sudah cukup baik namun belum optimal. Pandemi Covid-19 menjadi salah satu faktor penyebab tidak optimalnya proses pencegahan dan penanggulangan stunting di Indonesia. Sedangkan masalah lainnya meliputi keterbatasan sumber daya manusia, pendanaan, dan sarana atau fasilitas yang kurang di beberapa daerah.

Kata Kunci: Evaluasi Program, Indonesia, Kebijakan Pemerintah, Sistematik Review, Stunting

INTRODUCTION

Stunting is a chronic malnutrition condition resulting in impaired growth and development in children, characterized by a condition where the height is shorter than that of other people in general.¹ Stunting can hamper potential development and human resources throughout society because of its long-term impacts, such as cognitive impairment, which causes decreased intelligence and brain development, low learning ability, susceptibility to disease, and the potential to experience non-communicable diseases (NCD) as adults.² Stunting cases are a malnutrition problem in many countries, especially developing countries.³ Stunting cases have now been identified as a top priority for global health problems.⁴

Stunting is also a major health problem for toddlers in Indonesia. Based on a report issued by Save the Children in 2017 shows that Indonesia is the country with the 4th largest stunting prevalence rate in the world after India (39%), Pakistan (45%) and Nigeria (33%). In addition, data from UNICEF (2021) also shows that the percentage of stunting sufferers in Indonesia is the highest in the Southeast Asian Region.

Table 1. Top Ten Stunting Cases in the World

Ranking	Country	Stunting Prevalence	Estimated Number of Stunting Sufferers (Million)
1.	India	39%	48.2
2.	Pakistan	45%	10.7
3.	Nigeria	33%	10.0
4.	Indonesia	36%	8.8
5.	China	9%	7.4
6.	Ethiopia	38%	5.7
7.	Republik Demokratis Kongo	43%	5.6
8.	Bangladesh	36%	5.5
9.	Filipina	30%	3.3
10.	Tanzania	34%	3.2

Source: Save the Children⁵

¹ Perpres RI, "Peraturan Presiden Republik Indonesia Nomor 72 Tahun 2021 Tentang Percepatan Penurunan Stunting," 2021.

² Sunita Almatsier, *Prinsip Dasar Ilmu Gizi* (Jakarta: Gramedia Pustaka Utama, 2009); Andrew J. Prendergast and Jean H. Humphrey, "The Stunting Syndrome in Developing Countries," *Paediatrics and International Child Health* 34, no. 4 (November 13, 2014): 250–65, <https://doi.org/10.1179/2046905514Y.0000000158>.

³ Goodarz Danaei et al., "Risk Factors for Childhood Stunting in 137 Developing Countries: A Comparative Risk Assessment Analysis at Global, Regional, and Country Levels," ed. James K. Tumwine, *PLOS Medicine* 13, no. 11 (November 1, 2016): e1002164, <https://doi.org/10.1371/journal.pmed.1002164>.

⁴ Prendergast and Humphrey, "The Stunting Syndrome in Developing Countries."

⁵ Save the Children, "End of Childhood Report," *Save the Children*, 2017, <https://doi.org/10.1017/9781108116121.026>.

Meanwhile, according to the results of the 2022 Indonesian Nutrition Status Survey (INSS).⁶ The stunting rate in Indonesia has decreased from 24.4% in 2021 to 21.6% in 2022. Even though it has decreased, this figure still exceeds the maximum limit for the prevalence of stunting under five issued by the World Health Organization (WHO), which is at 20%. This is also a challenge for the government, which is targeting the stunting rate to reach 14% in 2024 as stipulated in the.⁷

To overcome the problem of stunting in Indonesia, the government has issued Presidential Regulation Number 72 of 2021 Regarding Accelerating the Reduction of Stunting. This regulation is a manifestation of the government's commitment to carrying out the mandate of several policies and programs, such as the National Strategy for the Acceleration of Child Stunting Prevention 2018-2024, the 2020-2024 National Medium-Term Development Plan, the Sustainable Development Goals (SDGs) in 2030, and the National Priority Program in the health sector. From the various policies and programs made by the government, it is hoped that they will reduce the prevalence of stunting in Indonesia.

It is important to evaluate government policies and programs in efforts to combat stunting by knowing the inputs, processes, and outputs of the policies and programs that have been implemented. This study aims to evaluate government policies and programs from existing studies related to the government's strategy in tackling stunting cases in Indonesia and formulate directions for further studies to be carried out from literature evaluations.

RESEARCH METHOD

This study uses a systematic review by tracing previous studies that have been published. A systematic review is a comprehensive, protocol-driven review and data synthesis focused on a related key topic or question. The systematic review method used refers to a study conducted by Putra et al.⁸

A systematic review is carried out by searching by writing the keyword "Stunting Prevention and Management" in the Google Scholar database. A systematic review is carried out by evaluating articles at five year intervals. However, articles evaluated in this study must meet several criteria, including:

- a. Must be indexed sinta
- b. Must be a case study

⁶ Kemenkes, "Hasil Survei Status Gizi Indonesia (SSGI) 2022," *Kemenkes*, 2023.

⁷ Rencana Pembangunan Jangka Menengah Nasional (RPJMN), "Rpjmn 2020-2024," *National Mid-Term Development Plan 2020-2024*, 2020.

⁸ Dimas Widya Putra et al., "Understanding the Position of Urban Spatial Configuration on the Feeling of Insecurity from Crime in Public Spaces," *Frontiers in Built Environment* 9, no. March (2023): 1–14, <https://doi.org/10.3389/fbuil.2023.1114968>.

- c. The article is not a literature review
- d. The article is not a review

Five articles were obtained after the keywords "Stunting Prevention and Management" for five years were written on the Google Scholar website. The studies that emerged were then evaluated in a descriptive manner using a modified Logic Evaluation model.⁹ With modifications to several parameters from Rahmadiani, which included:¹⁰

- a. Input Evaluation, seen from human resources, funding, and activities supporting facilities and infrastructure.
- b. Process Evaluation regarding program planning and implementation of the stunting program.
- c. Output Evaluation, in terms of the achievements that have been achieved.

Table 2. List of Journals According to Criteria

No.	Author	Title
1.	Lestari & Hanim ¹¹	Education of Cadres in Efforts to Prevent and Overcome Stunting in Mondokan District, Sragen Regency
2.	Gurning et al. ¹²	Implementation of the Stunting Prevention and Management Program in the Work Area of the Medan City Health Office in 2020
3.	Hidayat et al. ¹³	Optimizing the prevention and control of stunting in Sungai Tuan Ilir Village
4.	Kinanti & Yusran ¹⁴	Implementation of Nagari-Based Stunting Prevention and Management Policies in Nagari Kajai Pasaman West
5.	Sunaryo et al. ¹⁵	Policy Implementation for the Acceleration of Stunting Prevention and Management in Bandung Regency

This type of research is descriptive-evaluative with a qualitative approach. Evaluative research evaluates a program, activity, theory, or findings to measure an activity, program, and

⁹ Mya Sherman et al., "Enterprise Evaluation: A New Opportunity for Public Health Policy," *Journal of Public Health Management and Practice* 25, no. 5 (September 2019): 479–89, <https://doi.org/10.1097/PHH.0000000000000862>.

¹⁰ Nur Wahyu Rahmadiani, "Evaluasi Program Stunting," no. December (2022).

¹¹ Anik Lestari and Diffah Hanim, "Edukasi Kader Dalam Upaya Pencegahan Dan Penanggulangan Stunting Di Kecamatan Mondokan Kabupaten Sragen," *AgriHealth: Journal of Agri-Food, Nutrition and Public Health* 1, no. 1 (2020): 7, <https://doi.org/10.20961/agrihealth.v1i1.41106>.

¹² Fitriani Pramita Gurning et al., "Implementasi Program Pencegahan Dan Penanggulangan Stunting Di Wilayah Kerja Dinas Kesehatan Kota Medan Tahun 2020," *Jurnal Kesehatan* 10, no. 1 (2021): 36–42, <https://doi.org/10.37048/kesehatan.v10i1.325>.

¹³ Taufik Hidayat, Any Zahrotul Widniah, and Annisa Febriana, "Optimalisasi Pencegahan Dan Penanggulangan Stunting Di Desa Sungai Tuan Ilir" 3, no. 1 (2022).

¹⁴ Aprillia Kinanti and Rahmadani Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat," *Journal of Civic Education* 5, no. 3 (2022): 293–300, <https://doi.org/10.24036/jce.v5i3.720>.

¹⁵ Dian Rosa Sunaryo, Candradewini Candradewini, and Ria Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung," *Responsive* 4, no. 4 (2022): 205, <https://doi.org/10.24198/responsive.v4i4.34716>.

research by comparing the findings of previous theories. The evaluative descriptive used in this study is to evaluate the theory and findings of previous studies. These previous studies were searched using the Google search engine on the Google Scholar website.¹⁶

RESULTS AND DISCUSSION

A. Input Evaluation

Regarding human resources, only research from Sunaryo et al. states that there are limited human resources for preventing and controlling stunting in Bandung Regency.¹⁷ This limitation was caused by the transfer of human resource duties to handle the Covid-19 case, which at that time was needed more. In other studies, it has been shown that human resources for preventing and controlling stunting in Indonesia are quite good. Research by Hidayat et al. (2022) and Lestari & Hanim, show that academics also participate in efforts to prevent and treat stunting.¹⁸ In terms of understanding, there is no mention of problems understanding human resources related to stunting. However, according to Kinanti's research, a lack of understanding of the implementation of stunting prevention and control policies is the reason for delays in handling stunting in Nagari Kajai Pasaman West.

From a funding standpoint, limited funds make policies for handling and overcoming stunting less than optimal in Nagari Kajai Pasaman West.¹⁹ Meanwhile, the stunting prevention and control program in Medan received funding from the Minister of Finance of the Republic of Indonesia through Regulation of the Minister of Finance of the Republic of Indonesia Number 61/PMK.07/2019 concerning Guidelines for the Use of Transfers to Regions and Village Funds to support the implementation of integrated stunting prevention intervention activities.²⁰

Regarding facilities and infrastructure, the limited tools and supporting facilities implement stunting prevention and control activities less than optimal in Nagari Kajai.²¹ The same thing was shown in the research by Sunaryo et al., where Covid-19 has resulted in a transfer of functions from the facilities and infrastructure used by the stunting management program to

¹⁶ R. Dimas Widya Putra and RM. Petrus Natalivan Indradjati, "Studi Deskriptif – Evaluatif Bentuk Tipologi Kawasan (Pembelajaran Dari Kota Surabaya)," *The Review of the Urban Studies Nd Development* 9, No. 2 (2021), <https://doi.org/10.14710/jpk.9.2.124-142>.

¹⁷ Sunaryo, Candradewini, and Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung."

¹⁸ Hidayat, Widniah, and Febriana, "Optimalisasi Pencegahan Dan Penanggulangan Stunting Di Desa Sungai Tuan Ilir"; Lestari and Hanim, "Edukasi Kader Dalam Upaya Pencegahan Dan Penanggulangan Stunting Di Kecamatan Mondokan Kabupaten Sragen."

¹⁹ Kinanti and Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat."

²⁰ Gurning et al., "Implementasi Program Pencegahan Dan Penanggulangan Stunting Di Wilayah Kerja Dinas Kesehatan Kota Medan Tahun 2020."

²¹ Kinanti and Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat."

overcome Covid-19.²² While the research conducted by Gurning et al. in Medan states that most of the available service facilities to support the stunting program are adequate and of good quality.²³

B. Process Evaluation

The processes carried out vary depending on the organizers and policies in the region.²⁴ The stunting prevention and control program is carried out independently by academic staff as a form of community service.²⁵ However, most stunting prevention and control processes follow government policies and regulations. The study by Kinanti & Yusran, efforts to prevent and deal with stunting in Nagari Kajai Pasaman West follow regent regulation number 34 of 2019, which in its implementation involves various parties such as the local government, Development Planning Agency at the Sub-National Level, the Health Service, to village health center officials.²⁶ The same thing was shown in the research by Sunaryo et al. in efforts to prevent and overcome stunting in Bandung Regency. Efforts to prevent and overcome stunting in Bandung are guided by Perbup Bandung No. 74 of 2019 and the Decree of the Bandung Regent Number 441.1/Kep.144-Dinkes/2019 concerning the Task Force for the Acceleration of Stunting Prevention and Management in the Context of Improving Nutrition in Bandung Regency which involves Regional Apparatus Organizations (OPD).²⁷

C. Output Evaluation

Policy or program outputs are evaluated by looking at the results and achievements discussed in the research. Efforts to prevent and treat stunting by academics in the health sector

²² Sunaryo, Candradewini, and Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung."

²³ Gurning et al., "Implementasi Program Pencegahan Dan Penanggulangan Stunting Di Wilayah Kerja Dinas Kesehatan Kota Medan Tahun 2020."

²⁴ Hidayat, Widniah, and Febriana, "Optimalisasi Pencegahan Dan Penanggulangan Stunting Di Desa Sungai Tuan Ilir"; Kinanti and Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat"; Sunaryo, Candradewini, and Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung"; Lestari and Hanim, "Edukasi Kader Dalam Upaya Pencegahan Dan Penanggulangan Stunting Di Kecamatan Mondokan Kabupaten Sragen"; Gurning et al., "Implementasi Program Pencegahan Dan Penanggulangan Stunting Di Wilayah Kerja Dinas Kesehatan Kota Medan Tahun 2020."

²⁵ Hidayat, Widniah, and Febriana, "Optimalisasi Pencegahan Dan Penanggulangan Stunting Di Desa Sungai Tuan Ilir"; Lestari and Hanim, "Edukasi Kader Dalam Upaya Pencegahan Dan Penanggulangan Stunting Di Kecamatan Mondokan Kabupaten Sragen."

²⁶ Kinanti and Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat."

²⁷ Sunaryo, Candradewini, and Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung."

have shown positive results.²⁸ Counseling activities have proven effective in increasing the knowledge and understanding of extension participants on preventing and controlling stunting. The results of research by Gurning also show that efforts to prevent stunting in Medan City have yielded results, as shown by a reduction in cases from 491 cases in 2019 to 393 cases in 2020. Different results were shown by research by Kinanti & Yusran and Sunaryo et al., where the prevention efforts in Nagari Kajai Pasaman West and Bandung Regency have not been optimal.²⁹ The efforts to prevent and control stunting in Nagari Kajai Pasaman West are not yet optimal because the implementation of prevention and control is not optimal, the level of public knowledge about prevention has not increased significantly, there has been no significant change in behavior by the community in providing nutritional intake, inadequate facilities, lack of program oversight, and also limited funds.³⁰ Meanwhile, efforts to accelerate the prevention and control of stunting in Bandung Regency have not succeeded in reducing stunting cases, even though stunting prevention and control activities have been carried out, both sensitive and specific nutrition interventions due to the Covid-19 pandemic.³¹

Discussion

The results of a systematic review of the five journals we carried out show that the input aspects including human resources, funding, and facilities to run stunting prevention and control programs in Indonesia, are quite good. The availability of human resources in carrying out stunting prevention and control programs is an important aspect. In efforts to prevent stunting, human resources have roles as communicators, facilitators, and data collectors.³² The human resources used to prevent and overcome stunting in Indonesia are quite good in terms of numbers and understanding of efforts to prevent and control stunting. Human resources as implementers of stunting prevention and control programs do not only come from the government and health

²⁸ Hidayat, Widniah, and Febriana, "Optimalisasi Pencegahan Dan Penanggulangan Stunting Di Desa Sungai Tuan Ilir"; Lestari and Hanim, "Edukasi Kader Dalam Upaya Pencegahan Dan Penanggulangan Stunting Di Kecamatan Mondokan Kabupaten Sragen."

²⁹ Sunaryo, Candradewini, and Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung"; Kinanti and Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat."

³⁰ Kinanti and Yusran, "Implementasi Kebijakan Pencegahan Dan Penanggulangan Stunting Berbasis Nagari Di Nagari Kajai Pasaman Barat."

³¹ Sunaryo, Candradewini, and Arifianti, "Implementasi Kebijakan Percepatan Pencegahan Dan Penanggulangan Stunting Di Kabupaten Bandung."

³² Ninuk Purnaningsih et al., "Upaya Pencegahan Dan Penanggulangan Stunting Di Desa Muncanglarang , Kabupaten Tegal (Stunting Prevention and Countermeasures in Muncanglarang , Tegal)" 5, no. April (2023): 128–36.

workers at Public Health Center but also from academics in the health sector, as shown in the study of Hidayat et al. and Lestari & Hanim.³³

Human resources need to know and understand policies, programs, and understanding of stunting prevention and control so that Indonesia's stunting prevention and control process runs optimally. Funding and facilities or facilities are other important aspects to support the running of the stunting prevention and control program in Indonesia. Most regions have received funding assistance and facilities or facilities from the government. Problems related to human resources in efforts to prevent and combat stunting generally occur due to limited nutrition workers in terms of numbers, knowledge of stunting prevention and control efforts, and lack of understanding of policy implementation. Limited funds and facilities are obstacles to preventing and overcoming stunting in Indonesia. Although most regions have received financial assistance and facilities or facilities from the government, several regions still lack funding and facilities or support programs for stunting prevention and control. Other problems arose due to the Covid-19 pandemic, which led to the transfer of human resource duties, transfer of funds, and limited facilities due to the government's focus on preventing and controlling Covid-19, which had hit the world, including Indonesia.

The evaluation results of the stunting prevention and control process in Indonesia based on program planning and program implementation show that the process of preventing and overcoming stunting in Indonesia has been going well even though it has not been optimal in some areas. The process of planning and implementing stunting prevention and control programs in Indonesia is carried out based on regional policies and regulations that follow policies and regulations from the central government. Implementing Indonesia's stunting prevention and control program involves multi-sector cooperation, such as the government, regional apparatus organizations (RAO), and academics. The process of preventing and overcoming stunting in Indonesia is carried out through counselling, which educates the public, improves community sanitation, and improves community nutrition. Posyandu cadres do not only carry out these programs but also through academic initiatives in the health sector. The problems faced in preventing and overcoming stunting in Indonesia are caused by limited input aspects such as human resources, funding, and facilities. Meanwhile, other problems came due to the Covid-19 pandemic, which hampered stunting prevention and control programs due to social restrictions to prevent the spread of Covid-19.

The results or outputs of several studies in the regions show that Indonesia's stunting prevention and control program is quite good but not optimal. These results are indicated by an

³³ Hidayat, Widniah, and Febriana, "Optimalisasi Pencegahan Dan Penanggulangan Stunting Di Desa Sungai Tuan Ilir"; Lestari and Hanim, "Edukasi Kader Dalam Upaya Pencegahan Dan Penanggulangan Stunting Di Kecamatan Mondokan Kabupaten Sragen."

increase in public understanding and knowledge of stunting and its prevention efforts, as well as a decrease in cases of stunting in several regions. Even so, these results are considered not optimal because, in the process, there are still obstacles such as limited human resources, funding, and facilities, as well as the Covid-19 pandemic.

CONCLUSION

Evaluating inputs, processes, and outputs shows that preventing and overcoming stunting in Indonesia is quite good but not optimal. The Covid-19 pandemic is one of the factors causing the prevention and overcoming stunting in Indonesia to be not optimal. At the same time, other problems include limited human resources, funding, and inadequate facilities or facilities in some areas.

This research is limited to evaluating stunting prevention and control programs in Indonesia through literature studies using systematic reviews, so further research is needed to address and optimize stunting prevention and control programs in Indonesia.

So far, previous studies have found that the input, output, and process aspects follow government procedures. However, many studies on stunting cases in Indonesia have been studied using input, output, and process aspects. It needs other approaches, such as effectiveness, adequacy, averaging, responsiveness, and accuracy, as used in the study by Akbar, or other evaluation methods, such as simulation and statistical models using regression.³⁴

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³⁴ Muhammad Firyal Akbar, "Evaluasi Kebijakan Program Pemberian Dana Bantuan Operasional Sekolah," *Aristo* 7, no. 1 (2018): 34.

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