



## Review of the Implementation of Stunting Prevention Policy in Galang District, Deli Serdang Regency

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### Abstract

*Stunting prevention is one of the important strategic efforts in improving the quality of public health, especially in children under five years old. This study aims to evaluate the implementation of stunting prevention policies in Galang District, Deli Serdang Regency, as well as identify factors that hinder the effectiveness of the program. The method used is qualitative research with a case study approach, involving in-depth interviews with local governments, health workers, and local communities. The results of the study show that the stunting prevention programs implemented, such as supplementary feeding (PMT), child growth monitoring, and nutrition education, have had a positive impact on increasing public awareness of the importance of child nutrition. However, there are still obstacles in the implementation of this program, including low community participation, limited health workers, and inadequate socio-economic and sanitation problems. The main inhibiting factors include low public awareness, limited health facilities, and difficult economic conditions, which limit access to nutritious food and health services. Therefore, it is recommended to strengthen public education, improve training for health workers, and improve sanitation infrastructure and access to clean water to support the success of stunting prevention policies more effectively.*

## Introduction

Stunting is a health problem that is a global concern, including in Indonesia (Hidayatillah et al., 2023). This condition occurs due to chronic malnutrition that has an impact on children's growth, both physically and cognitively. The Indonesian government has implemented various policies to prevent stunting through various intervention programs, both at the national and regional levels (Rahmadhita, 2020; Herawati & Sunjaya, 2022; Erlyn et al., 2021; Yusriadi et al., 2024). One of the areas that is the focus of stunting prevention efforts is Galang District, Deli Serdang Regency.

Galang District, as part of Deli Serdang Regency, has its own challenges in dealing with stunting problems. Several factors such as access to health services, public awareness of parenting and nutrition, and socio-economic conditions also affect the success of stunting prevention programs in this region. Therefore, it is necessary to conduct a review of the implementation of stunting prevention policies that have been implemented in Galang District.

The government has adopted various strategic policies in preventing stunting, such as providing supplementary feeding, regular monitoring of child growth, improving sanitation, and education for pregnant and lactating women (Achjar et al., 2024). These programs aim to ensure that children in Galang District get adequate nutritional intake and an environment that supports their growth and development.

However, in its implementation, the policy faces various obstacles in the field. Some of the challenges that are often encountered include budget limitations, lack of health workers, and low community participation in supporting stunting prevention programs (Putra & Yusran, 2024; Ginting et al., 2023). These factors need to be analyzed in depth to find out the extent of the effectiveness of the policies that have been implemented.

In addition, public awareness of the importance of stunting prevention is also a key factor in the success of this program (Nisa, 2018). There are still many people who do not understand the importance of balanced nutritional intake for children and good parenting during the first 1000 days of life. Therefore, socialization and education efforts must continue to be improved so that the community is more active in supporting government programs (Lawson, 2005; Widiastuti et al., 2024).

The role of local governments, health workers, and other stakeholders is very important in ensuring that stunting prevention policies run optimally. Coordination between various parties, ranging from the government, medical personnel, to the community, must be strengthened so that the interventions carried out can achieve maximum results.

On the other hand, evaluation of the policies that have been implemented is a crucial step to assess the effectiveness of stunting prevention programs. This evaluation can be carried out through monitoring of child growth data, the level of community participation in health programs, and the real impact of interventions that have been implemented in Galang District.

It is also important to compare the policies that have been implemented in Galang District with other areas that have similar characteristics. Thus, more effective and innovative strategies can be identified in dealing with stunting problems in this area.

The success of stunting prevention programs does not only depend on the government, but also on the awareness and active participation of the community (Handayani & Arianto, 2022). Therefore, there needs to be a more comprehensive and sustainable approach to addressing this issue, such as increasing collaboration with the private sector and non-governmental institutions.

One of the other important aspects is the use of technology in supporting stunting prevention programs. The use of nutrition monitoring applications, telemedicine, and social media as educational tools can be a solution to reach the community more widely and effectively.

The government also needs to ensure that the programs that have been running have long-term sustainability. This can be done by increasing the capacity of health workers, strengthening health service infrastructure, and providing incentives for health cadres who play a direct role in stunting prevention programs.

Support from the education sector is also no less important in stunting prevention efforts. Nutrition and health education from an early age should be part of the school curriculum so that children and parents have a better understanding of the importance of nutrition in their growth and development.

The review of the implementation of stunting prevention policies in Galang District aims to provide an overview of the successes, obstacles, and steps that can be taken to increase the effectiveness of the program. With this review, it is hoped that the policies implemented can be more on target and have a positive impact on the community.

Overall, stunting prevention is a joint task that requires synergy between the government, health workers, academics, and the community. With the right strategy and continuous

evaluation, it is hoped that the stunting rate in Galang District can continue to decrease, so that future generations can grow healthy and optimally.

Therefore, this study aims to assess the extent of the effectiveness of stunting prevention policies that have been implemented in Galang District, identify the challenges faced, and provide recommendations for future policy improvements.

## **Methods**

This study uses a qualitative approach with a case study method (Assyakurrohim et al., 2023). This approach was chosen to gain a deep understanding of the implementation of stunting prevention policies in Galang District, Deli Serdang Regency. Case studies are used to explore various aspects of policy, ranging from implementation, effectiveness, challenges, to their impact on society.

### **Location and Subject of Research**

The research was conducted in Galang District, Deli Serdang Regency, which was selected based on conditions and challenges in the implementation of stunting prevention policies in the area. The research subjects consist of various stakeholders directly involved in stunting prevention policies, including: 1) Deli Serdang Regency Health Office officials as policy formulators and program supervisors; 2) Puskesmas officers and health workers (midwives, doctors, and posyandu cadres) as policy implementers at the field level; 3) Parents and families of toddlers as beneficiaries of the stunting prevention program; 4) Community leaders and community organizations who play a role in supporting health programs.

### **Data Collection Techniques**

Data collection is carried out through the following key techniques (Saleh, 2017):

#### ***In-depth Interview***

Interviews are conducted in a semi-structured manner with key stakeholders. This technique aims to explore information about policy implementation, obstacles faced, and program effectiveness from their perspective.

#### ***Participatory Observation***

Observation was carried out by visiting health facilities such as health centers and posyandu to see how stunting prevention policies were implemented. The researcher also observed the interaction between health workers and the community, as well as community participation in existing programs.

#### ***Documentation Study***

Documentation is used to complete the data from interviews and observations. The data collected includes official government reports, statistical data on stunting rates in Galang District, as well as regional policies or regulations related to stunting prevention.

#### ***Data Analysis Techniques***

The data obtained were analyzed using thematic analysis techniques, with the following steps (Miles & Huberman, 1992): 1) Data Reduction – Selecting, summarizing, and compiling relevant data according to the focus of the research; 2) Categorization – Categorizing data into key themes, such as policy effectiveness, implementation challenges, and community responses; 3) Data Interpretation – Connecting research findings with applicable theories or policies and drawing conclusions that can be used as recommendations.

### **Data Validity**

To ensure the validity of the data, this study uses several verification techniques, including: 1) Source Triangulation – Comparing data from various sources (interviews with health workers, the public, as well as official documents); 2) Triangulation Methods – Using more than one data collection method (interviews, observations, and documentation) to corroborate research results.

Member Checking – Confirming the results of interviews with respondents to ensure the correctness and consistency of the data.

### **Results and Discussion**

This study aims to review the implementation of stunting prevention policies in Galang District, Deli Serdang Regency, as well as identify inhibiting factors in the implementation of the program. Based on interviews, observations, and documentation studies, various aspects were found that affect the effectiveness of policies, both in terms of success and challenges faced.

#### **Evaluation of Stunting Program Policies in Galang District, Deli Serdang Regency**

An evaluation of stunting prevention policies in Galang District shows that this program has been implemented with various strategic interventions. The programs implemented include the provision of supplementary food (PMT) for toddlers and pregnant women, nutrition education through posyandu, and increasing access to health services for mothers and children. The local government through the Health Office and Puskesmas has been active in providing assistance for families at risk of stunting.

From the results of observations and interviews with health workers, it is known that the PMT program is running quite well, especially in health centers and posyandu. However, its effectiveness still varies depending on the level of community participation. Some families regularly participate in this program, while others are still less active due to the lack of awareness of the importance of balanced nutrition.

In addition, monitoring the growth of children through posyandu has also been running, but it is not evenly distributed in all villages. Based on the results of the documentation, it was found that the coverage of this program still does not reach all toddlers in Galang District. Several factors such as the limitation of health workers and lack of parental awareness are the main causes.

To describe the results of the evaluation more systematically, the following is a summary table of the achievements of the stunting prevention program in Galang District:

Table 1. Evaluation of the Implementation of the Stunting Program in Galang District

<b>Program</b>	<b>Implementation</b>	<b>Success</b>	<b>Constraints</b>
Supplementary Feeding (PMT)	Carried out through posyandu and health centers	Improving nutrition for toddlers and pregnant women	Community participation is not optimal
Nutrition and parenting education	Delivered by posyandu cadres and health workers	Public awareness is starting to increase	Not all mothers understand the importance of balanced nutrition
Child growth monitoring	Carried out periodically at	Early identification of children at risk of stunting	Not all children are routinely taken to the posyandu

	posyandu and health centers		
Sanitation and environmental hygiene	Healthy latrines and clean water provision program	Some villages have started to implement good sanitation	There are still villages with poor sanitation

From this evaluation, it can be concluded that the stunting prevention policy in Galang District has been running well in several aspects, but there is still a lot of room for improvement, especially in increasing community participation and health service coverage.

According to the public policy theory put forward by (Muadi et al., 2016), the success of a policy can be evaluated based on its effectiveness, efficiency, and impact on policy goals. In the context of stunting prevention in Galang District, the effectiveness of the program can be seen from increasing public awareness about the importance of balanced nutrition, although it is still uneven across all community groups.

This finding is in line with research conducted by (Candarmaweni, 2020), which found that the success of stunting prevention programs is highly dependent on the active involvement of the community and health workers. In Galang District, the supplementary feeding program has succeeded in helping to improve the nutritional status of children who participate in the program regularly. However, low community participation is still the main obstacle.

In addition, the policy implementation theory of Van Meter and Van Horn in (Hartawan & Kosasih, 2023) emphasized that the success of policies is highly dependent on resources, communication between implementers, and community responses to these policies. The results of this study show that in Galang District, communication between health workers and the community has begun to run, but there are still obstacles in delivering effective information. Some mothers still have a lack of understanding of the importance of a healthy diet and exclusive breastfeeding.

In previous research by (Hapsari & Ichsan, 2018), it is stated that areas with a good level of nutrition education tend to have lower stunting rates. This shows that improving public education must be a priority in stunting prevention policies. Therefore, educational programs in Galang District need to be strengthened with a more interactive and easy-to-understand approach by the community, such as through social media or direct visits by health cadres.

### **Inhibiting Factors in the Stunting Control Program in Galang District, Deli Serdang Regency**

Although various programs have been implemented, there are still several inhibiting factors that cause the effectiveness of stunting prevention programs to be not optimal. Based on the results of interviews with health workers, local governments, and the community, several main factors were found that hindered the success of this program, namely:

#### ***Low Public Awareness***

Many families, especially in rural areas, still lack understanding of the importance of healthy diets, exclusive breastfeeding, and monitoring of children's growth. Some mothers still provide complementary foods for breast milk that are not in accordance with the nutritional needs of children.

#### ***Limitations of Health Workers and Facilities***

The number of health workers in several villages is still limited, especially posyandu cadres who play an important role in accompanying mothers and children. In addition, health facilities such as health centers and posyandu in some villages are still inadequate.

### ***Social and Economic Factors***

Most families with stunted children come from the lower middle economic class. Difficult economic conditions cause limitations in buying nutritious food and accessing health services regularly.

### ***Sanitation and Clean Water Access Issues***

Poor sanitation and difficult access to clean water in several villages are one of the main causes of high stunting rates. An unhealthy environment increases the risk of infection and disease, which has an impact on the lack of nutrient absorption in children.

To make it easier to understand, the following is a table that shows the inhibiting factors and their impact on the stunting prevention program in Galang District:

Table 2. Inhibiting Factors in the Stunting Prevention Program

<b>Inhibiting Factors</b>	<b>Impact on the Stunting Prevention Program</b>
Low public awareness	Participation in posyandu is low, feeding is not nutritious
Limitations of health workers	Health services are not optimal, monitoring children's growth is uneven
Social and economic factors	Lack of access to nutritious food and health services
Poor sanitation and clean water	Increases the risk of diseases that worsen children's nutritional conditions

From the above findings, it can be concluded that the main challenges in the stunting prevention program in Galang District are not only in terms of policy implementation, but also in terms of social, economic, and infrastructure factors. Therefore, a more comprehensive strategy is needed, including increasing education to the public, strengthening health workers, and improving sanitation and economic welfare.

According to the theory of health determinants by Blum (1983), there are four main factors that affect a person's health status, namely environment, behavior, health services, and genetic factors. In the context of this study, environmental and behavioral factors are the two main aspects that hinder the effectiveness of stunting prevention policies in Galang District.

### ***Low Public Awareness***

The results of the study show that low public awareness is one of the main factors that hinder the effectiveness of stunting prevention programs. This is in accordance with research conducted by (Arsyati, 2019), which found that a lack of parental understanding of the importance of balanced nutrition and good parenting contributes to high rates of stunting in rural areas.

In this study, many mothers still provide complementary foods for breast milk that are not in accordance with their children's nutritional needs. This shows that education-based policy interventions are still not fully effective in changing people's mindsets. As a solution, a more persuasive and local culture-based communication approach can be applied to increase public awareness.

### ***Limitations of Health Workers and Facilities***

The limited number of health workers in Galang District is a challenge in itself in carrying out the stunting prevention program. This is in accordance with research conducted by (Junadi et al., 2017), which stated that the limited number of health workers causes uneven coverage of health services, especially in rural areas.

In this study, several villages in Galang District still lack health workers who are able to monitor child growth regularly. Existing posyandu cadres also have limitations in terms of training and knowledge related to stunting. This shows that increasing the number of health workers and training of posyandu cadres is a strategic step that needs to be taken to increase the effectiveness of the program.

### ***Social and Economic Factors***

Social and economic factors also play a big role in hindering stunting prevention programs. According to the theory of social determinants of health from WHO (2010), poverty and limited access to nutritious food are the main factors that contribute to the high stunting rate in an area.

The results of this study show that most families with stunted children come from the lower middle economic class. Difficult economic conditions cause limitations in buying nutritious food and accessing health services regularly. Research by (Kusuma & Nuryanto, 2013) It also found that low-income families are more prone to stunting due to limitations in meeting children's nutritional needs.

As a solution, policies that support improving the economic well-being of poor families, such as nutrition-based social assistance programs, can be one of the effective approaches to overcome this barrier.

### ***Sanitation and Clean Water Access Problems***

The problem of poor sanitation and difficult access to clean water are also factors that contribute to the high stunting rate in Galang District. Environmental health theory from (Anisah, 2020) mentioned that poor sanitation can cause recurrent infections that have an impact on disrupting the absorption of nutrients in the child's body.

Research conducted by (Nirmalasari, 2020) It was found that areas with access to clean water and good sanitation had lower stunting rates compared to areas with poor sanitation. In this study, there are still several villages that have low levels of cleanliness, thus increasing the risk of infectious diseases that can worsen children's nutritional conditions.

To overcome this, the sanitation development program and clean water supply in Galang District need to be accelerated. Local governments can work with the private sector or non-governmental organizations to improve access to proper sanitation for the community.

### **Conclusion**

Based on the results of research that has been carried out on the implementation of stunting prevention policies in Galang District, Deli Serdang Regency, it can be concluded that this program has been running with various interventions, such as providing supplementary food (PMT), nutrition education, monitoring child growth, as well as improving sanitation and access to health services. However, the effectiveness of this program still faces various challenges that hinder the optimal achievement of goals. From the evaluation carried out, it was found that the stunting prevention program has provided benefits in increasing public awareness of the importance of nutrition and child health.

However, the coverage of the program is still uneven in all regions, especially in villages that have limited health facilities and medical personnel. Some families regularly participate in this program and experience an increase in the nutritional status of their children, but there are also those who have not actively participated due to lack of understanding and economic limitations. This study also identified several inhibiting factors in the implementation of the stunting prevention program in Galang District. The main factors found include low public awareness,

limited health workers and facilities, unsupportive socio-economic conditions, and sanitation and access to clean water which are still challenges in several villages.

Parents' low understanding of the importance of balanced nutrition and financial limitations in buying nutritious food are the main obstacles in improving children's nutritional status. In addition, the number of health workers is still lacking, causing child growth monitoring services to not be carried out optimally. The findings in this study are in line with various theories and previous studies that emphasize that the success of stunting prevention policies is greatly influenced by social, economic, and environmental factors. Effective communication between the government and the community is the key to the success of a policy. In this context, a more interactive and community-based educational approach needs to be strengthened so that information about stunting prevention can be better understood by the community.

In addition, the theory of social determinants of health from WHO (2010) shows that poverty and limited access to health services and good sanitation are the main factors in the high stunting rate. Therefore, improving the economic welfare of poor families, providing adequate sanitation infrastructure, and strengthening the capacity of health workers are strategic steps that need to be taken to increase the effectiveness of this policy. As a policy implication, this study recommends several steps that can be taken to improve the implementation of stunting prevention programs in Galang District. First, it is necessary to increase public education through a more interactive approach, such as community-based counseling, the use of social media, and the involvement of community leaders in health campaigns.

Second, the government needs to increase the number of health workers, especially in areas where there is still a shortage of medical personnel and posyandu cadres, so that child nutrition monitoring services can run more effectively. Third, strengthening nutrition-based social assistance programs for poor families can be a solution to ensure that children from underprivileged families still get adequate nutritional intake. Fourth, there is a need to improve sanitation infrastructure and access to clean water to support overall public health. Overall, this study emphasizes that stunting prevention is not only the responsibility of the government, but also requires the active role of the community, health workers, and various other stakeholders. With stronger collaboration and a more targeted strategy, it is hoped that the stunting rate in Galang District can continue to decrease, so that future generations can grow and develop healthily and have a better quality of life.

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