



## Implementation of Stunting Prevention Program Policy at Garut District Health Office

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**Abstract.** This study aims to examine how stunting prevention program policies are being implemented. An observational and interview-based strategy for data collecting is used in the study procedure. The findings indicated that four special intervention programs—one for adolescent girls, two for pregnant women, three for toddlers, and four for educational programs for adolescent girls, pregnant women, and families of toddlers—were used to implement the stunting prevention program policies. These programs used the following policy implementation concept approach from Van Metter and Van Horn: 1) Policy standards and objectives have been put into practice through the First 1000 Days of Life program; 2) socialization of suicide prevention programs to the community demonstrates communication; However, there are still many Posyandu cadres who need to improve their level of competence. 4) The characteristics of implementing agents are inseparable from the bureaucratic structure that carries out tasks under SOPs. 5) The implementer's attitude and the health workers involved have carried out their duties and functions correctly. 6) The social environment fully supports stunting prevention.

**Keywords:** Prevention, Stunting, First 1000 Days of Life

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### INTRODUCTION

In Indonesia, the prevalence of nutritional issues among toddlers is comparatively high. According to Basic Health Research Data (Riskesdas), 30.8% of toddlers in 2018 were stunted. This could indicate that one in three Indonesian toddlers is stunted. According to Dinas Komunikasi dan Informatika Kabupaten Humbang Hasundutan (2022), Indonesia is the nation with the fifth-highest rate of stunting children in the world and the second-highest rate in the Southeast Asia region. In order to address all forms of malnutrition and hunger, including enhancing food security, stunting is a crucial component of sustainable development activities (Febrian & Yusran, 2021).

Based on those mentioned above, one of the global concerns for the national and local governments is the prevention and treatment of stunting. Through Pemerintah Regulation No. 42 for 2013 on the National Percepatan for Gizi Repair, The Indonesian government said that it is committed to expediting improvements in children's nutrition for the sake of the nation's children

in the next generations. This movement's primary goal is to meet 1000 Days First Life (HPK) demands to stop stunting and reduce malnutrition in young children.

Results of the Indonesian Nutrition Status Study (SSI) show that one area that needs to handle stunting and speed up stunting reduction programs is Garut Regency. According to the Ministry of Health, Garut Regency has the highest prevalence rate of 35.2% for stunting, making it a stunting emergency status area. Garut falls under the red status category with this value (Susanti, 2022). Preliminary observations revealed the following issues with the stunting prevention program (First 1000 Days of Life):

1. The standard objective of 100% still needs to be met for TTD (Tablet et al.) administration to expectant mothers. The provision of TTD (Blood Added Tablets) for expectant women has only reached 88.43%, consistent with the preliminary observation data.

2. The percentage of animal protein in the baduta's supplemental diet has yet to achieve the established goal of 100%. According to preliminary data, the animal protein supplement feeding for baduta is only 90.

The underwhelming socialization efforts made by health professionals at Puskesmas are partially to blame for the lack of public awareness of stunting prevention programs.

## LITERATURE

According to Dye in Diana, 2021, public policy is all the government does, both to do and not to do. Any state or government decision to control public life (in its broadest sense) to further the goals of the country (state and society) is known as a public policy. According to Novianti's (2022) analysis of the Van Metter and Van Horn models, the goal of implementing public policy is to attain the best possible level of performance through interactions between numerous interrelated components.

This method is predicated on the idea that the implementation of public policies occurs in stages, beginning with political decisions and ending with the performance of those policies. The success of implementation is greatly influenced by six variables, including policy standards and objectives, policy resources, inter-organizational communication, and agent characteristics: executors, executor attitudes, and economic, social, and cultural environment circumstances. The policy objectives and standards define the overarching goal of a policy decision. According to research on the implementation of policies, standards (objectives) and targets must be observable and quantifiable.

Therefore, standards and targets must be included in implementing a policy to be successful. Goals and objectives are established by using statements made by policymakers, such as regulations and program plans, which serve as standards for assessing policy criteria. Targets (desired results) and standards for service quality are the main focuses of common indicators and policy targets (Novianti, 2022). The ability to adopt policies quickly and easily can directly impact policy implementers and help them implement policies more successfully (Novianti, 2022).

Another crucial indicator is the flow of information across companies, as this flow is a potent tool for enacting policy. The communication of policy objectives must be accurate, precise, and consistent in order for implementation to be effective. Implementing public policy effectively requires coordination. The likelihood of achieving a policy's objectives increases with improved coordination and communication among the parties engaged in the implementation process (Novianti, 2022).

The primary focus is on the traits of implementing agents because the success of implementing public policy depends significantly on the appropriate and suitable traits for these executors. Each policy implementer's attitudes are among the traits of implementing agents. Line attitudes can serve as a guide for those implementing policies. This is mirrored in the bureaucracy's organizational structure, norms, and interactional patterns, impacting how programs are implemented. How policy executors approach their work significantly impacts how well governmental policies are carried out.

Because local communities, who are thoroughly aware of the issues and difficulties they face, are not actively involved in implementing the policies, this situation is highly likely to occur (Anggleni, 2018). The policy target will readily accept it if the implementer approaches it with a good attitude. On the other hand, difficulties are likely to arise if policy implementers have a terrible attitude. The external environment plays a significant role in the execution of policies.

This statistic identifies how much a public policy can impact the economic, social, and cultural context. *Economic condition* is the phrase used to describe a person is standing within a population based on economic activity, income, and the capacity to meet demands. A society's social context refers to the circumstances or conditions related to its social conditions (Novianti, 2022).

The Indonesian government initiated the "1,000 First Days of Life Movement" (also known as 1000 HPK) by Government Regulation No. 42 of 2013 regarding the National Movement to Accelerate Nutrition Improvement. The most crucial time for enhancing a child's

physical and cognitive development is the first 1000 days of life, which begin at conception and last until the child is two years old. The 1000 HPK period is the ideal time for promoting healthy child development. This 11000 HPK begins at 270 gestational days and lasts until 1730 at age 12. Disturbances will significantly impact the development of permanent children throughout this time. The disorder will be challenging to get rid of once it is older than two years (Suryani, 2018).

The Garut District Health Office also implemented the 1000 Days of Life Program in compliance with Indonesian government directives. In order to conduct the 1000 HPK program, the Garut District Health Office collaborates with the community health centers in the district. Target audiences for this show include young girls, toddlers, and pregnant mothers. Stunting in toddlers in Garut is something that this initiative aims to stop, enhance, and foresee. 11 distinct intervention initiatives in this Program target young girls, pregnant mothers, and toddlers to lower the stunting rate.

A long-term strategy to avoid the birth of stunted children involves the consumption of blood-boosting tablets by young women (ages 12 to 18). When teenagers are healthy, pregnant women are healthy; therefore, they will deliver healthy babies as well. The Garut Regency's Health Office offers youth TTD via Puskesmas and local schools. Teenagers can get their health checked at the youth Posyandu or the Puskesmas. Adolescent anemia is attempted to be avoided by doing this. At least six pregnancy checks are performed throughout the pregnancy.

This is done so that expectant mothers can assess their health. Pregnant women at high risk for conditions like CED, anemia, hypertension, and other co-morbidities will undergo stricter monitoring. Vitamin and mineral intake are necessary for pregnant women. For the needs of both her unborn child and herself, every pregnant woman needs vitamin supplements. During the second trimester of pregnancy, an increased need for iron occurs. Iron supplementation is required to adequately enhance the number of erythrocytes because pregnant women typically experience iron insufficiency.

In order to prevent and manage anemia, pregnant women need additional blood supplements (Add Blood Tablets) (Rustiawan & Pratiwi, 2022). Chronically fatigued pregnant women can be fatally risky during childbirth. The same can result in low birth weight babies (LBW), miscarriages, and even toddler mortality. Therefore, the government is concerned about pregnant women with CED. It is envisaged that by administering PMT in the form of biscuits with extremely high nutrition, pregnant women's nutritional needs will be met, and they will not develop KEK.

Puskesmas monitor toddlers' growth and development with the help of the village midwife and the local posyandu cadres. Each region has this monitoring done once a month. It is mandatory to breastfeed infants exclusively until they are six months old, which is believed to lower the prevalence of stunting in toddlers. After that, nursing is continued until the child is 12 years old to strengthen their immune system. According to local government regulations, children beginning at 23 months are provided extra nourishment in the form of an egg and a grain daily with milk.

The municipal government, working through the Health Office, is responsible for providing supplemental meals. Given that nutritional intake at 1000 HPK influences how well children's organs operate, the growth and development of children during this time must be encouraged by providing adequate nourishment, including for pregnant women who begin at conception (Suryani, 2018). According to the initial interviews and observations, MP ASI should be given to the kid when they are six months old. MP ASI provides numerous nutrients that babies require, including carbs, protein, vitamins, lipids, and minerals.

Because vaccinations can boost the body's defenses and ward off different infections, they are crucial for children. If there is a newborn in the household (aged 12-23 months), the baby has already gotten all of the recommended vaccinations, including HBO, BCG, DPT-HB2, DPT-HB3, Polio 1, Polio 2, Polio 3, Polio 4, and Measles. The Garut District Health Office educates people about stunting through various channels, including the Health Office working with the KUA and the Education Office to educate young girls.

## **METHOD**

Researchers employ descriptive research in their work. This study employs descriptive research to describe and describe a phenomenon in greater detail. Heads of public health, healthcare professionals, village midwives, and community members (families with young children, teenage girls, and expectant women) served as research informants. Table 1 below lists the research instruments:

**Table 1. Research Instruments**

Variable	Informant	Instrument
Implementation Policy Van Metter Van Horn Model	Head of Health Department of Garut Health Office	Policy Objectives
		Policy Objectives
	Health Workers Puskesmas	Facilities & infrastructure used
		Budget sources
		Number of Executors
	Village Midwives	Delivery of information/socialization to the community
		Coordination among policy implementers
		Preparation of Health Service Officers in carrying out the program
	Families with Toddlers	SOP (Standard Operating Procedure) used
		The Effect of Economic Conditions on The influence of The influence of cultural conditions on policy implementation.
	Young Women	Give a good attitude to service. Understand the characteristics of the communities served.
		Knowledge of the policy and its objectives
Pregnant Women	Reasons for being targeted by the policy	
	Infrastructure used	
	Program Socialization	
	Communication made by officers during service	
		Readiness of officers when carrying out duties
		Knowledge of SOPs
		Services provided
		Attitude of officers in service

Source: Researcher (2022)

**DISCUSSION**

**Implementation of Stunting Prevention Program Policy**

Public policy indicators can be used to track how these policies are being implemented. The researcher based this study on Van Metter Van Horn's list of policy indicators, which includes: (1) standards and policy objectives; (2) policy resources; (3) inter-organizational communication and implementing activities; (4) characteristics of implementing agents; (5) attitudes of implementers; and (6) economic, social, and cultural environmental condition.

According to the findings of the interviews and observations, Permenkes Number 21 of 2021 is the policy standard for the implementation of the First 1000 Days of Life initiative. Regarding the provision of health services prior to conception, throughout pregnancy, labor, and the postpartum period, as well as services for contraception and sexual health, Permenkes Number 21 of 2021. Despite the Health Office's attempts to implement the First 1000 Days of

Life initiatives under Permenkes Number 21 of 2021, many still need to meet the established goal.

The approach consists of giving pregnant women blood-boosting medications, giving children under five more protein, and managing toddlers with dietary issues. According to the findings of the informant interviews, when asked about the policy targets, specifically adolescents, pregnant mothers, and children under the age of two, all informants gave identical responses. This demonstrates that all personnel executing the First 1000 Days of Life policy are aware of the policy's intended audience.

According to the findings of observations and interviews, the Garut District Health Office, health professionals at the Puskesmas, village midwives who were helped by posyandu cadres, SMA/SMK/MA level school officials, and KUA were the human resources executing the First 1000 Days of Life program. Based on the results of interviews with Isma's mother, who claimed that human resources were still low, particularly in terms of competence (lack of knowledge) posyandu cadres, the number of employees or staff involved in this implementation is quite good.

The Garut District Health Office supported the First 1000 Days of Life initiative by providing locations for its implementation, including health centers, Posyandu, Posrema, schools, and KUA. According to the Health Office, the Regional Government, the Central Government, and the Provincial Government each contributed 9,737,735,700 rupiah to the First 1000 Days of Life program budget. The Health Office, however, makes the most of financing from both the Central and Regional governments. The health office then dispersed the aid provided by health workers at the Puskesmas.

According to the findings of in-depth interviews, this communication between organizations was carried out successfully. Regular meetings are enjoyed by the Puskesmas Health Office and Health Workers within the 1000 HPK framework. The healthcare professionals are also adept at coordinating with local midwives or among themselves at the Puskesmas. Program implementers educate the target when administering or implementing the program, such as providing supplemental meals or doing pregnancy tests. The First 1000 Days of Life policy is communicated to the public or the target through counseling.

While executing the program, employees carry out their primary responsibilities, which uphold the First 1000 Days of Life program and deliver excellent service to policy targets. This was accomplished by the First 1000 Days of Life Program's executor by adhering to SOP. SOP is a manual for carrying out tasks that helps ensure they are done correctly and provide quality

results. According to the type of economic activity, income, and capacity to meet demands, an individual's economic condition indicates their standing or function in the human community (Novianti, 2022).

According to the findings of the researchers' observations and interviews, the state of this economic environment significantly impacts the occurrence of stunting, which is especially notable due to the absence of family money. Toddlers are fed according to the family's means, quality, and quantity. Low-income families will need help providing the food they need to be healthy. Toddlers from disadvantaged homes sometimes need to receive the proper amount of nutrients their bodies require due to the family's financial incapacity to meet such needs. This results from the family's constrained ability to buy various foods.

As a result, many toddlers from low-income households struggle with malnutrition. Due to their limited financial means, low-income families need help to ensure the availability of a sufficient quantity and diversity of food, so their menu options are constrained. On the other hand, there are some whose family has a decent income but limited understanding. For instance, many families offer toddlers rapid meals like instant porridge without considering whether it is adequate for them nutritionally.

Stunting prevention measures are implemented in response to social situations. The Sukamenteri Village is one of the Kumis (Slum and Poor) areas, as in the Guntur Health Center Unit area. Based on the findings of observations, the environment includes a dense, dirty, and dirty environment so that it affects stunting prevention. The family culture is a cultural factor impacting stunting prevention programs.

Stunting prevention policy implementers at the Garut District Health Office replied positively and enthusiastically endorsed the existence of this strategy. Stunting prevention is actively promoted by the Garut District Health Office, particularly during the First 1000 Days of Life program. In order to accomplish the goals of the policy, the Garut District Health Office works well in coordination with the Puskesmas Health Workers. Additionally, the Health Office works successfully with other organizations on policy issues.

### **Factors Inhibiting the Implementation of the Stunting Prevention Program**

Obstacles prevented the Garut District Health Office's stunting prevention program from operating as effectively as it could have. The following are the challenges encountered during the First 1000 Days of Life program's implementation at the Garut District Health Office:

Why Many expectant women continue to undervalue blood supplement tablets.

Observations and interviews revealed that many pregnant women avoid taking these tablets because they taste bitter and have an unpleasant odor.

- Families who object to receiving PMT support

Since many moms believed they had met their children's nutritional demands and the child had been labeled stunted, many families thought receiving this aid was "an insult" and did not want to accept it. Therefore, when the Health Service provided supplemental food, the meal was not accepted because the parents did not want their children to be labeled stunted. Since they believe they have met their children's dietary needs, many families feel ashamed that their kids are labeled stunted.

- Factor of habit

Implementing efforts to prevent stunting is hampered by elements of human behavior, such as smoking, passed down from generation to generation. This is so because smoking harms you and affects the sperm that takes 75 days to make. Additionally, cigarette smoke poses a serious health risk to anyone nearby, particularly unborn children and pregnant women. It is challenging to stop smoking because it is an inherited habit.

- Limited Knowledge

At the Garut District Health Office, preventing stunting is difficult due to the low public awareness of both stunting and the nutritional needs of children.

- Public Opinions Regarding the Function of the Garut District Health Office

The public's belief that stunting is primarily the Health Office's duty is one of the challenges the Health Office faces in avoiding it. Because of this supposition, the Department of Health's reputation suffered. Additionally, because they believe that the Health Office should be in charge of this, the function of cross-sectors could be better due to this assumption.

- Less effective in promoting and preventing activities

The promotion and prevention of illness still need to be done to the best of the Puskesmas health workers' abilities. This results from the numerous tasks performed by healthcare professionals.

### **Stunting Prevention Solutions**

According to the issue, many pregnant women still do not take blood-enhancing tablets (TTD), which is why the administration of these pills to pregnant women has not yet met the standard aim. In order to monitor pregnant women and determine whether or not the ITB pills are being taken appropriately, police must help pregnant women when taking tablets.

Since only some people are aware of children's nutritional demands, many toddlers are labeled stunted. Therefore, it is necessary to improve nutrition education so that policy targets and toddler families alike are aware of the dietary requirements from pregnancy through toddlerhood. To expedite the elimination of stunting, the stunting prevention program needs individuals knowledgeable about health, such as posyandu cadres and the team. As a result, personnel responsible for carrying out policies to avoid stunting must get education and training.

This is done to enable that person's human resources to grow and to optimize their contribution to implementing policies that prevent stunting. Health professionals should be able to offer promotion and prevention services to policy targets, which calls for better coordination between policy implementers. As a result, policy implementers can more readily accomplish the goals of the policy with the help of coordination.

## **CONCLUSION**

Based on the study's findings, the Garut District Health Office implemented the stunting prevention program policy based on the Van Metter Van Horn indicator, specifically regarding standards and policy objectives. The Health Office has tried implementing the First 1000 Days of Life programs under policy standards stated in Permenkes Number 21 of 2021. However, several programs need to be implemented following these standards. Pregnant women, toddlers, and young women are the program's primary target audiences.

The policy implementation has been relatively well, but there are still many posyandu cadres whose competency has to be strengthened. At the same time, the amount of resources is adequate, according to the indicator of policy resources. Regarding promotional and preventive services, communication between organizations and implementing actions have been carried out well but have yet to reach their full potential. Regarding the traits of implementing agents, the Health Workers involved in the program have correctly performed their roles and functions in the stunting prevention program and have rendered services in line with the SOPs implemented. Additionally, they favor this strategy regarding the social, economic, and cultural environments.

The following issues also arise in the implementation of the Stunting Prevention Program Policy at the Garut District Health Office:

- There are still a lot of pregnant women who do not realize how essential iron supplements are.
- There are still many families who do not want assistance.
- There are community habit factors.
- There needs to be more public awareness.

- There needs to be more public understanding of the role of Public Service Health.

- Promotional and preventive efforts could be more effective.

Here is how to get through these challenges: improving coordination between policy executors, maximizing the role of TPPS and Posyandu Cadres for Pregnant Women to Consume Blood Supplement Tablets (TTD), increasing nutrition education by health promotion workers, providing education and training for parties involved, including Posyandu Cadres.

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