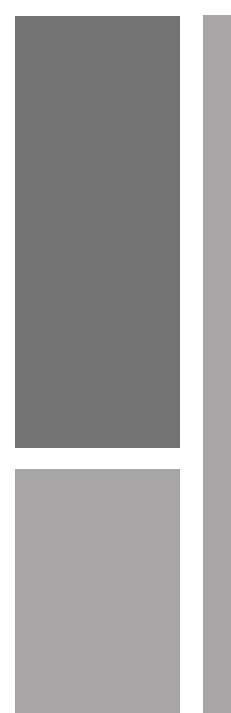


STUNTING & KEPENTINGAN GIZI



APA ITU STUNTING...

Stunting berasal dari “Stunted Growth” yang berarti pertumbuhan yang terhambat. Stunting adalah gangguan pertumbuhan dan perkembangan karena kekurangan gizi dalam masa pertumbuhannya.

SIAPA YANG TERGOLONG STUNTING?

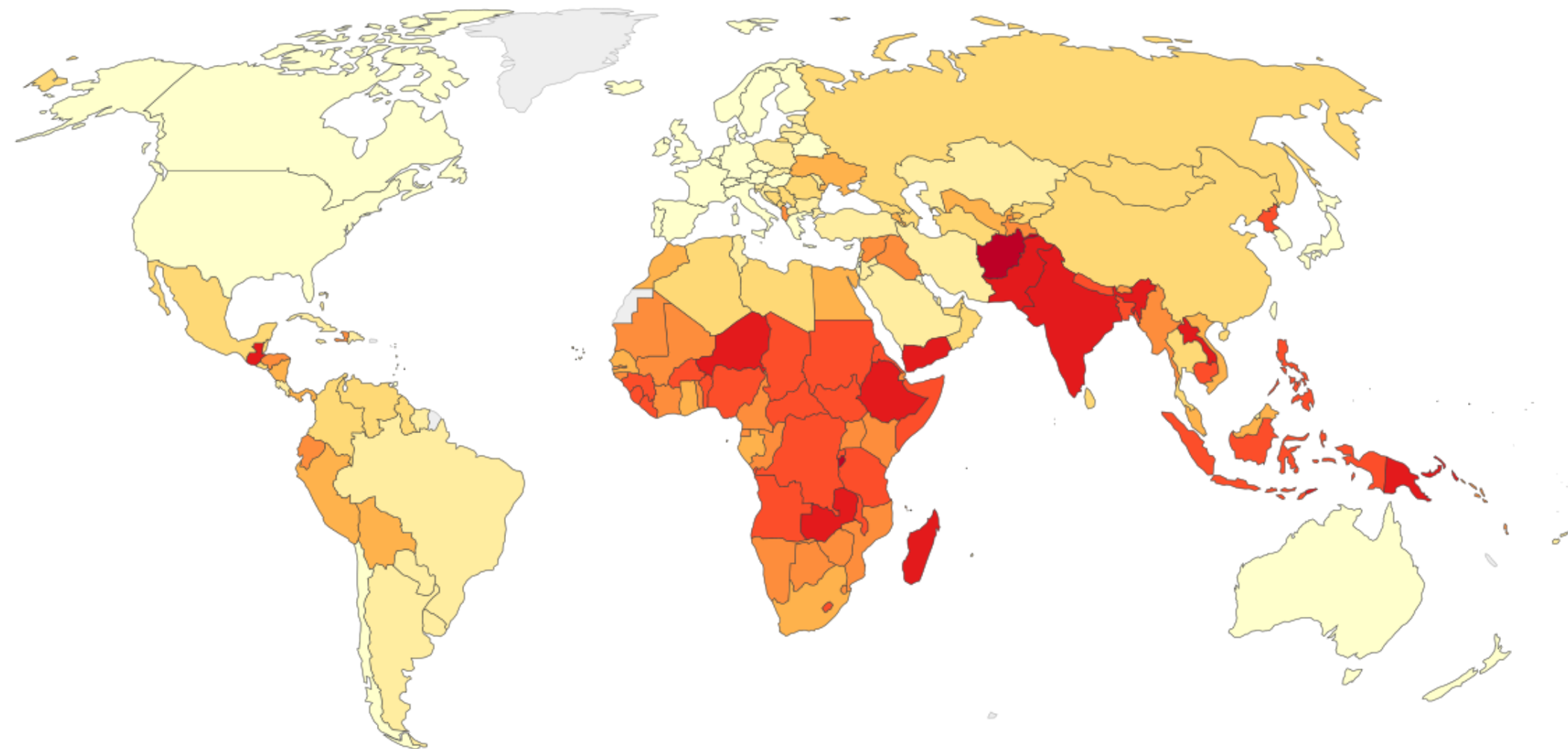
Seorang anak dikatakan stunting jika tinggi badannya berada di bawah standar kurva normal serta perkembangan kemampuan mental terhambat

KENAPA STUNTING BERBAHAYA?



- Mengganggu pertumbuhan badan
- Mengganggu perkembangan otak
- Menyebabkan penyakit berbahaya saat dewasa (diabetes, stroke, kanker)

ANGKA STUNTING DI DUNIA



No data 0% 5% 10% 15% 20% 30% 40% 50% 60% 70% 80%



Source: Institute for Health Metrics and Evaluation (IHME)

Note: Stunting in children is defined as being less than two standard deviations below the median height for their age.

CC BY

●●● ANGKA STUNTING INDONESIA

Angka stunting di Indonesia secara nasional mengalami penurunan tiap tahunnya sejak 2007. Namun masih terdapat provinsi yang masih memiliki prevalensi stunting yang tinggi.

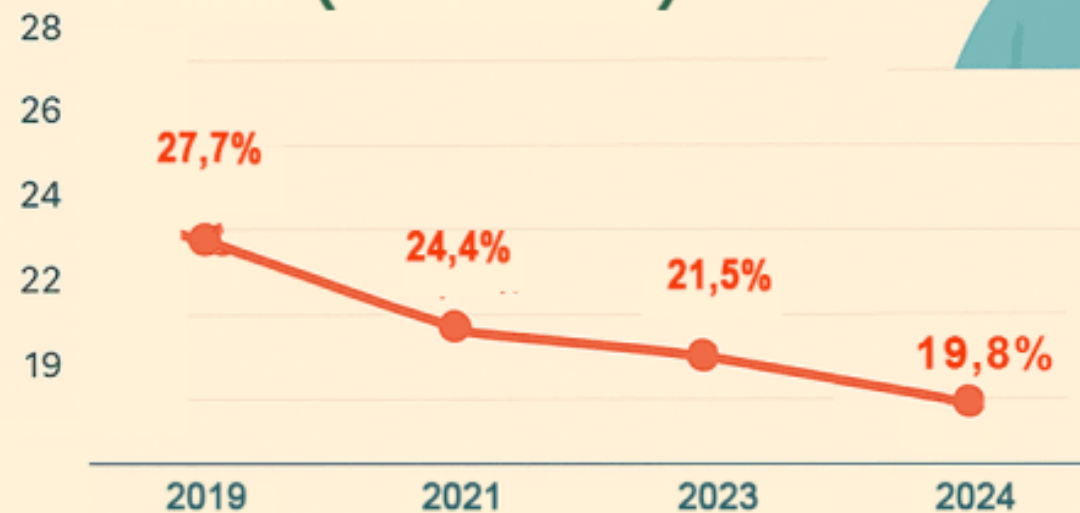


POTRET STUNTING DI INDONESIA

19,8%

Turun ✓

Pencapaian Penurunan Stunting
5 Tahun Terakhir (2019-2024)



3 Provinsi dengan Prevalensi Stunting Terendah dan
3 Provinsi dengan Prevalensi Stunting Tertinggi

Bali 8,6%

Jawa Timur 14,7%

Kepulauan Riau 15%

Nasional 19,8%

Papua Barat Daya 30,5%

Sulawesi Barat 35,4%

Nusa Tenggara Timur 37%



Faktor Penentu Keberhasilan Pencegahan
Stunting Bergantung pada Intervensi di Tiga Periode
Penting di 1000 Hari Pertama Kehidupan (HPK) yaitu di
Periode Prenatal, Periode Kelahiran, dan Periode Postnatal

Sumber : Survei Status Gizi Indonesia (SSGI) 2024

KENAPA STUNTING TERJADI?

- Ibu mengalami malnutrisi saat hamil
- Anak tidak mendapatkan cukup ASI saat tahun pertama-kedua
- Kualitas dan kuantitas gizi yang diperoleh anak kurang
- Anak menderita penyakit yang menghalangi penyerapan nutrisi
- Anak menderita infeksi kronis (cacangan)
- Anak memiliki penyakit bawaan genetik

MITIGASI STUNTING

Maka untuk mitigasi stunting, penyebab stunting harus di hindari. Kepenuhan dan kelengkapan gizi (Makro dan Mikronutrient) dengan proporsi yang seimbang. Karena sama seperti kekurangan gizi, konsumsi berlebihan pun memiliki dampak negatif

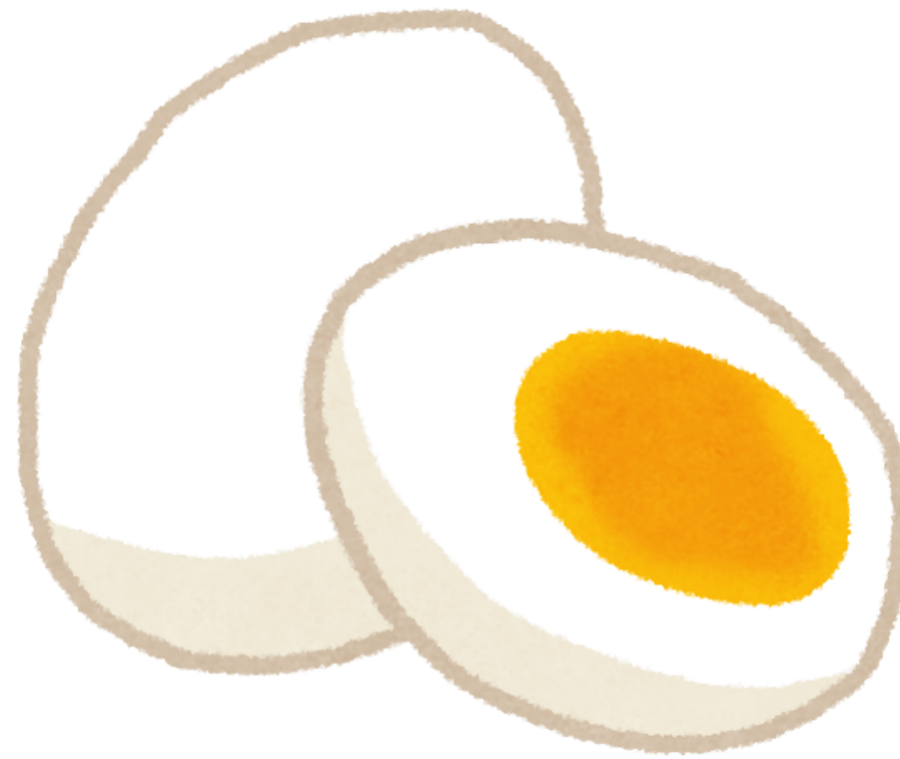
GIZI

Makronutrien adalah senyawa yang dibutuhkan oleh tubuh dalam kuantitas yang besar sedangkan mikronutrien hanya dibutuhkan dalam kuantitas sedikit.

MAKRONUTRIEN



KARBOHIDRAT



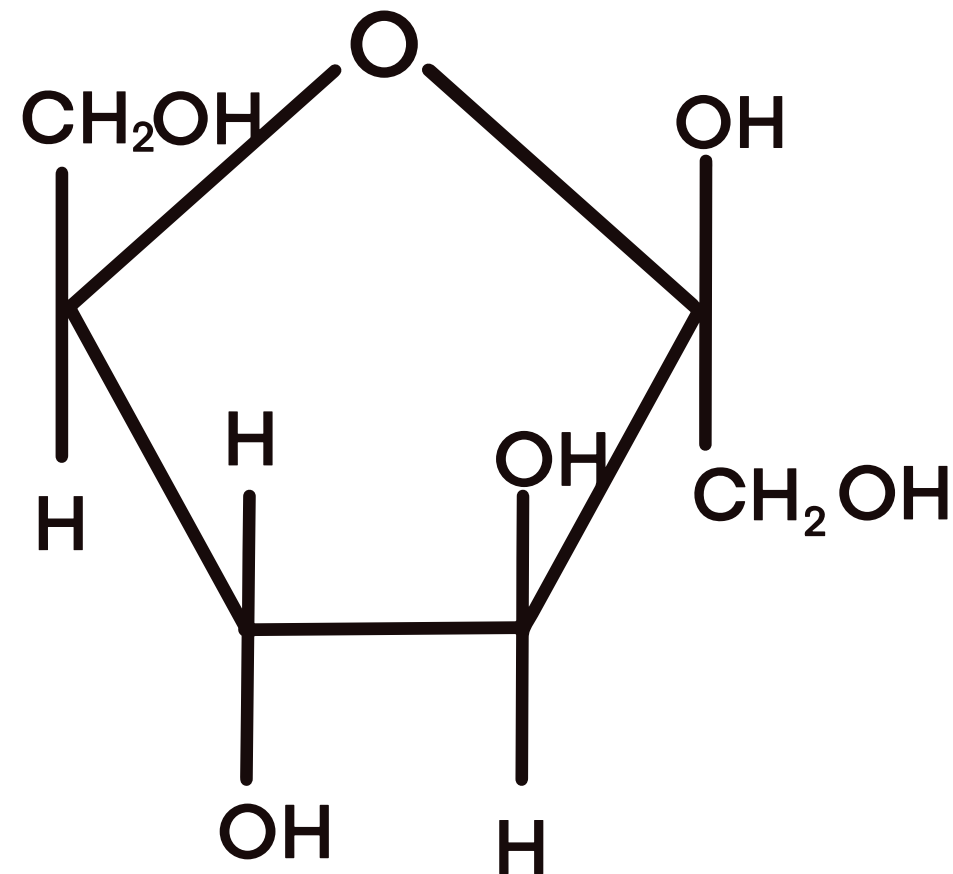
PROTEIN



LEMAK



KARBOHIDRAT



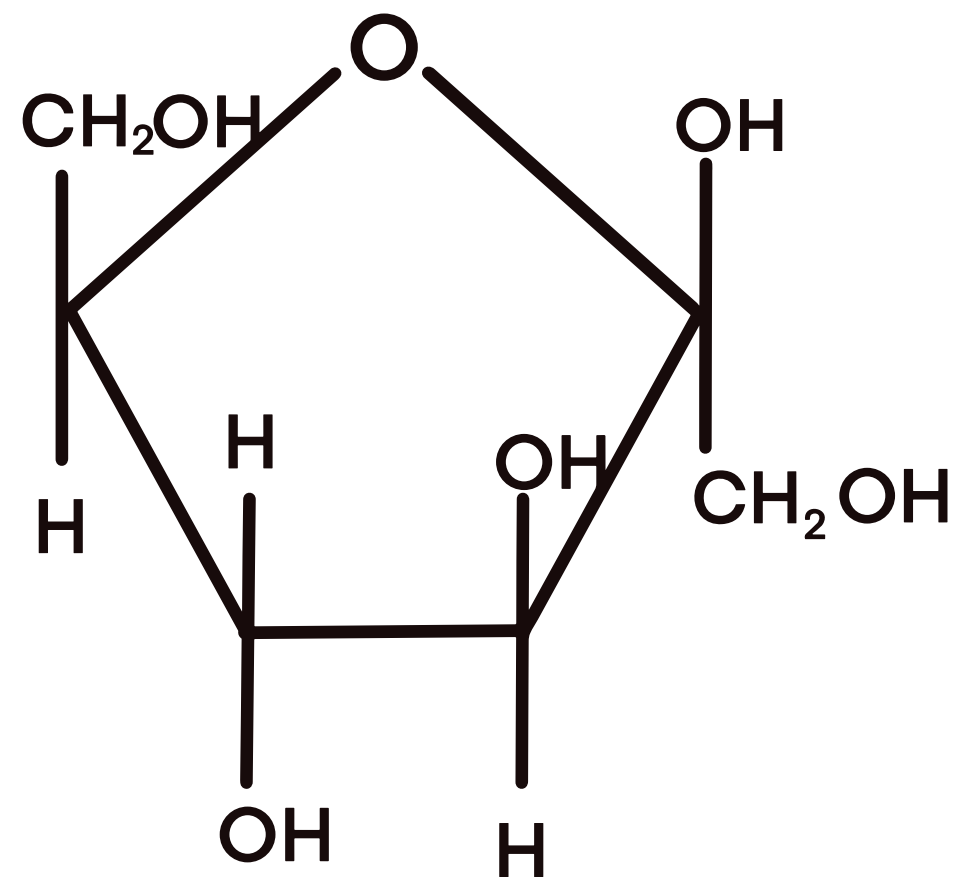
Glukosa

Karbohidrat adalah senyawa yang terdiri dari macam-macam gula seperti glukosa.

Tubuh menggunakan karbohidrat sebagai sumber utama energi dengan tiap gram karbohidrat memberikan 4 kcal



KARBOHIDRAT

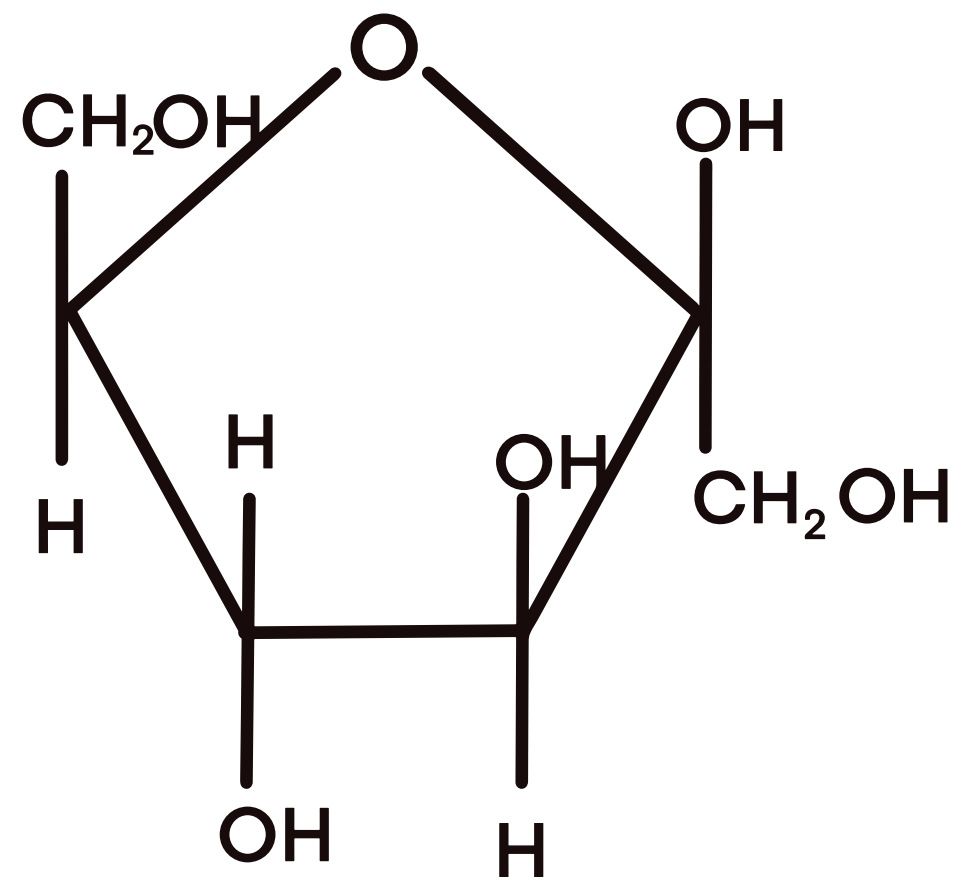


Glukosa

Kekurangan karbohidrat akan mengurangi asupan kalori yang dibutuhkan oleh tubuh untuk beraktivitas



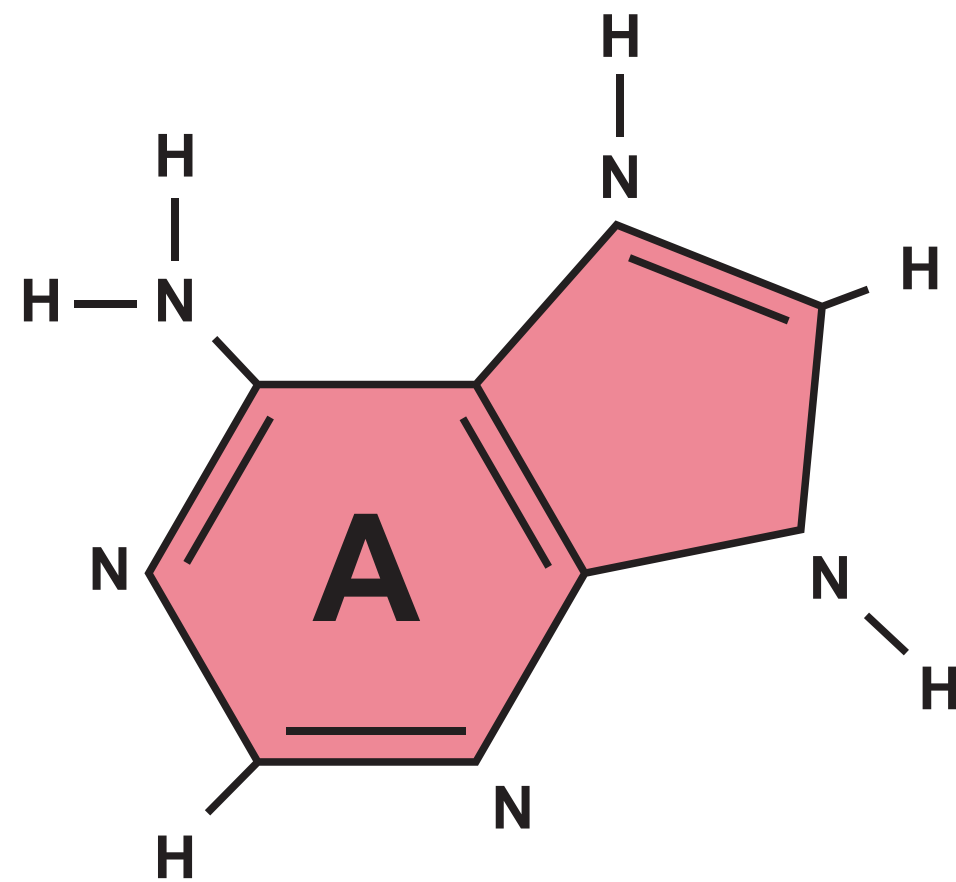
KARBOHIDRAT



Glukosa

Diutamakan untuk memakan karbohidrat kompleks dan serat agar tubuh cukup energi, memiliki gula darah stabil, dan pola makan teratur

PROTEIN



Asam Amino

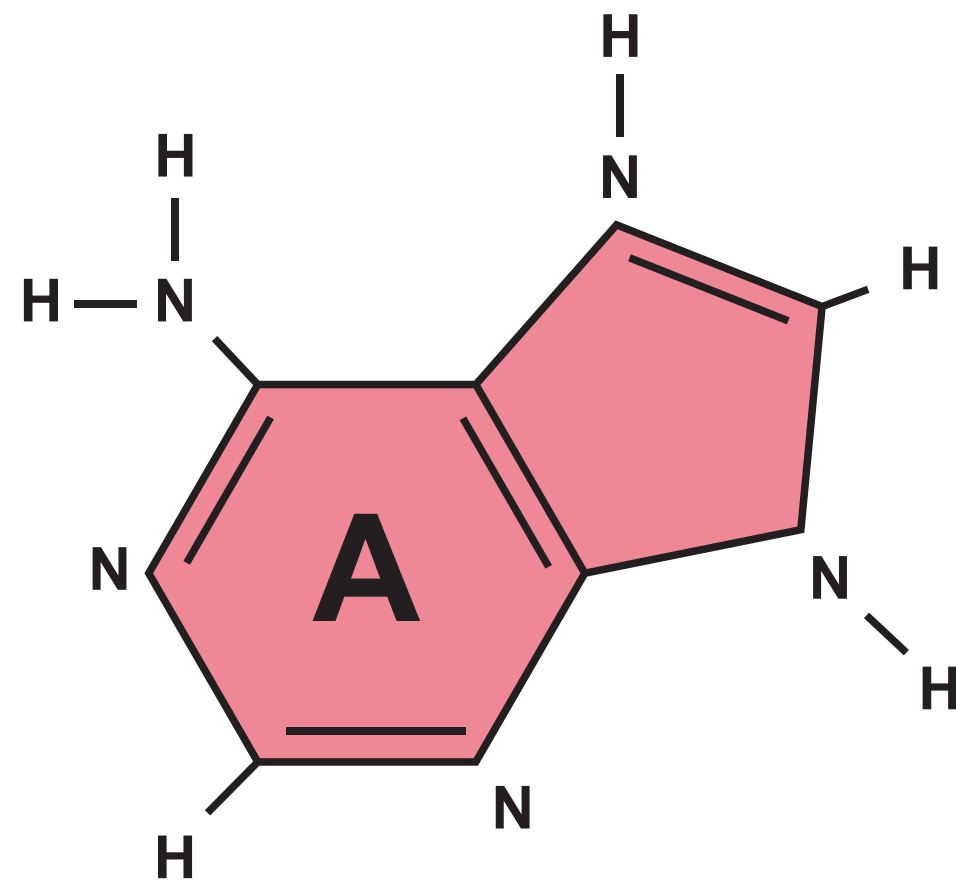
Protein adalah senyawa yang terbuat dari Asam Amino yang berfungsi sebagai bahan dasar jaringan dengan 4 kcal tiap gramnya.

PROTEIN



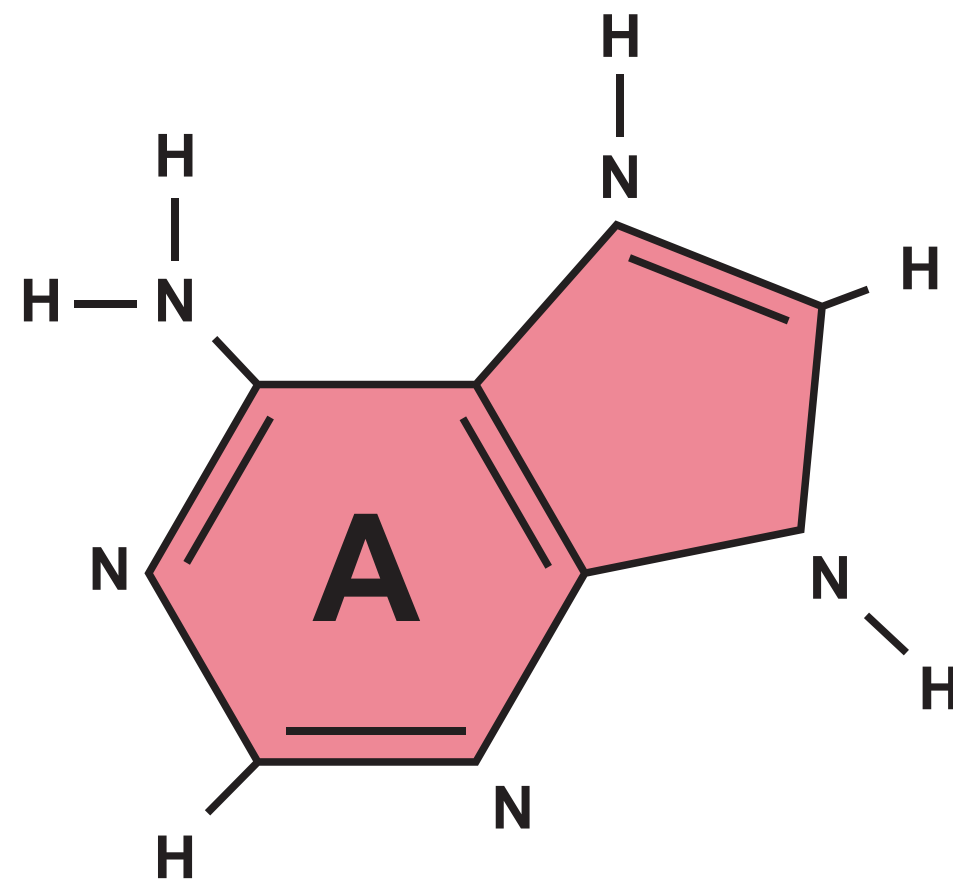
Kekurangan protein akan mengakibatkan badan tidak bisa memperbaiki tubuh dan mengalami:

Pertumbuhan terhambat, pengecilan otot, anemia, dan peningkatan kerentanan terhadap infeksi.



Asam Amino

PROTEIN



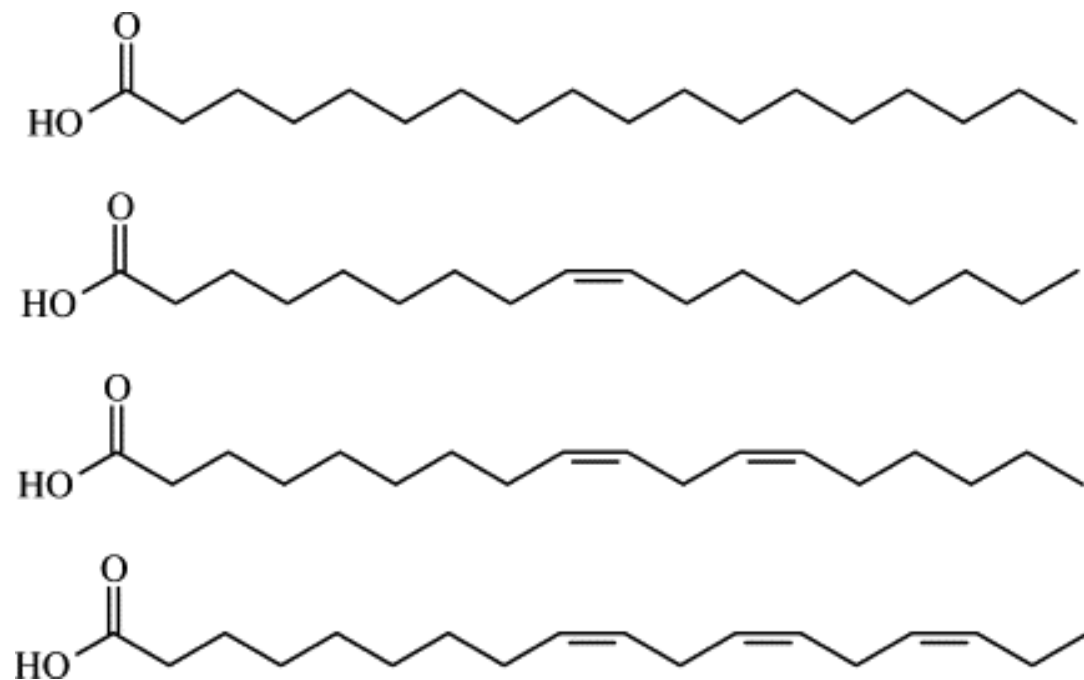
Asam Amino

Diutamakan memakan berbagai
macam jenis protein agar
mendapatkan asupan asam
amino yang beragam.



LEMAK

Lemak digunakan oleh tubuh sebagai sumber energi cadangan yang tiap gramnya memiliki 9 kcal.

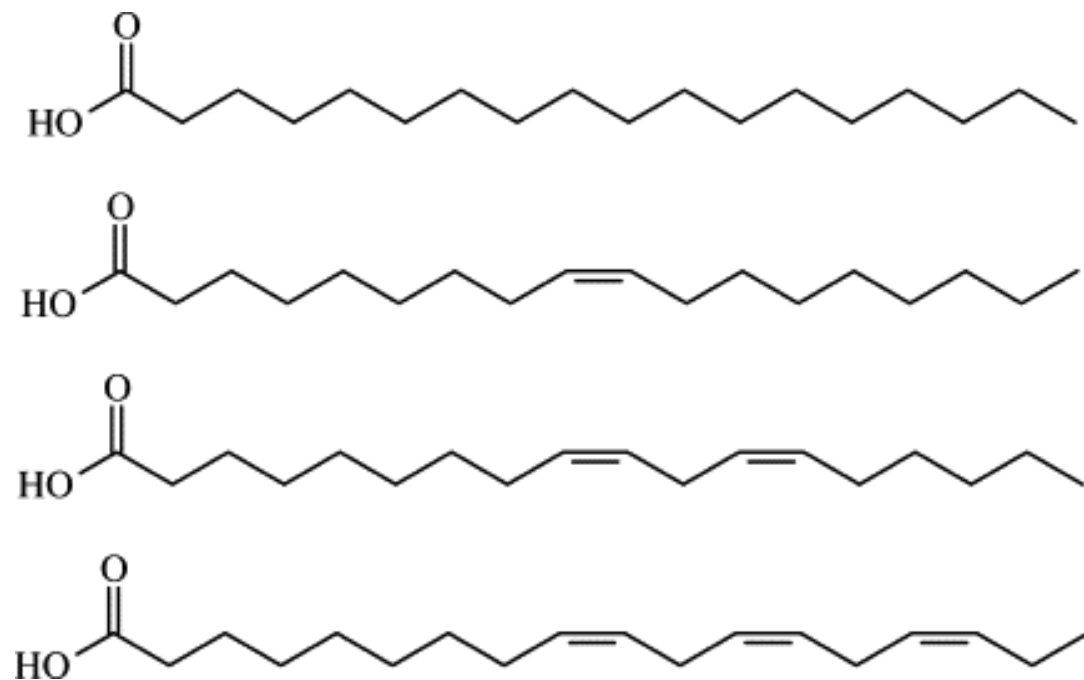


Asam Lemak



LEMAK

Dibutuhkan dalam produksi hormon seks, penyimpanan energi sebagai lemak penyerapan vitamin A, D, E, dan K yang larut dalam lemak.



Asam Lemak

●●● MIKRONUTRIENT



VITAMIN DAN MINERAL

VITAMIN



Vitamin adalah senyawa yang dibutuhkan oleh manusia yang memiliki fungsi-fungsi khusus. Terbagi menjadi vitamin larut air dan larut lemak

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Thiamin	• Conversion of food into energy • Nervous system function	• Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Sunflower seeds • Whole grains	1.2 mg
Vitamin A	• Growth and development • Immune function • Red blood cell formation • Reproduction • Skin and bone formation • Vision	• Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables (e.g., spinach and broccoli) • Pumpkin • Red peppers • Sweet potatoes	900 mcg**
Vitamin B₆	• Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation	• Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna	1.7 mg
Vitamin B₁₂	• Conversion of food into energy • Nervous system function • Red blood cell formation	• Dairy products • Eggs • Fortified cereals • Meat • Poultry • Seafood (e.g., clams, trout, salmon, haddock, tuna)	2.4 mcg

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Vitamin C	• Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing	• Fruit (e.g., cantaloupe, citrus fruits, kiwifruit, and strawberries) • Juices (e.g., oranges, grapefruit, and tomato) • Vegetables (e.g., broccoli, Brussels sprouts, peppers, and tomatoes)	90 mg
Vitamin D <i>Nutrient to get more of</i>	• Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function	• Beef liver • Egg yolks • Fish (e.g., flounder, herring, salmon, trout, and tuna) • Fish oil and cod liver oil • Fortified dairy products • Fortified orange juice • Fortified soy beverages • Fortified ready-to-eat cereals • Mushrooms	20 mcg**
Vitamin E	• Antioxidant • Formation of blood vessels • Immune function	• Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils	15 mg**
Vitamin K	• Blood clotting • Strong bones	• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collard greens, Swiss chard, mustard greens)	120 mcg



MINERAL

Mineral adalah unsur yang dibutuhkan oleh tubuh untuk memenuhi fungsi-fungsi khusus.



MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Calcium <i>Nutrient to get more of</i>	- Blood clotting - Bone and teeth formation - Constriction and relaxation of blood vessels - Hormone secretion - Muscle contraction - Nervous system function	- Canned seafood with bones (e.g., salmon and sardines) - Dairy products - Fortified orange juice - Fortified soy beverages - Fortified ready-to-eat cereals - Green vegetables (e.g., kale, broccoli, and collard greens) - Tofu (made with calcium sulfate)	1,300 mg
Chloride	- Acid-base balance - Conversion of food into energy - Digestion - Fluid balance - Nervous system function	- Olives - Rye - Salt substitutes - Seaweeds (e.g., dulse and kelp) - Table salt and sea salt - Vegetables (e.g., celery, lettuce, and tomatoes)	2,300 mg
Chromium	- Insulin function - Protein, carbohydrate, and fat metabolism	- Broccoli - Fruits (e.g., apples and bananas) - Juices (e.g., grape and orange) - Meat - Spices (e.g., garlic and basil) - Turkey - Whole grains	35 mcg
Copper	- Antioxidant - Bone formation - Collagen and connective tissue formation - Energy production - Iron metabolism - Nervous system function	- Chocolate and cocoa - Crustaceans and shellfish - Lentils - Nuts and seeds - Organ meats (e.g., liver) - Whole grains	0.9 mg

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Iodine	- Growth and development - Metabolism - Reproduction - Thyroid hormone production	- Breads and cereals - Dairy products - Iodized salt - Potatoes - Seafood - Seaweed - Turkey	150 mcg
Iron <i>Nutrient to get more of</i>	- Energy production - Growth and development - Immune function - Red blood cell formation - Reproduction - Wound healing	- Beans, peas, and lentils - Eggs - Fruits (e.g., raisins and cantaloupe) - Green vegetables (e.g., asparagus, beet greens, broccoli, spinach, and swiss chard) - Meat - Nuts - Organ meats (e.g., liver) - Poultry - Seafood (e.g., crab, clams, sardines, shrimp, and oysters) - Seeds - Soy products (e.g., tofu) - Whole grain, enriched, and fortified breads, cereals, pasta, and rice	18 mg
Magnesium	- Blood pressure regulation - Blood sugar regulation - Bone formation - Energy production - Hormone secretion - Immune function - Muscle contraction - Nervous system function - Normal heart rhythm - Protein formation	- Avocados - Beans and peas - Dairy products - Fruits (e.g., bananas and raisins) - Green leafy vegetables (e.g., spinach) - Nuts and pumpkin seeds - Potatoes - Whole grains	420 mg

ANJURAN GIZI UNTUK ANAK

Table 4 Suggested aim for provision of nutrients from a main hospital meal

Age		4-6yrs Boys (girls)	7-10yrs Boys (girls)	11-14 yrs Boys (girls)	15-18 yrs Boys (girls)
Energy (kcal)		515 (465)	590 (520)	665 (555)	825 (635)
Fat (g)	Maximum	20 (18)	23 (20)	26 (21)	32 (25)
Saturated fat (g)	Maximum	6	7 (6)	8 (7)	10 (8)
Non-milk extrinsic sugars (g)	Maximum	4	5 (4)	5	7 (5)
Protein (g)	Minimum	5.9	8.5	12.6 (12.4)	16.6 (13.6)
Iron (mg)	Minimum	2.1	3.0	4.0 (5.2)	4.0 (5.2)
Zinc (mg)	Minimum	2.3	2.5	3.2	3.3 (2.5)
Calcium (mg)	Minimum	158	193	350 (280)	350 (280)
Vitamin C (mg)	Minimum	10	10	12	14
Sodium (mg)	Maximum	360	600	720	720

ANJURAN GIZI UNTUK IBU

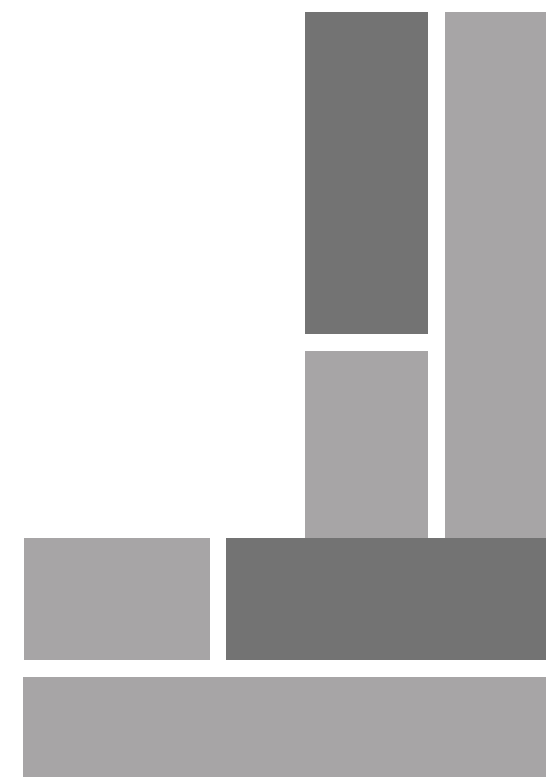
Angka Kecukupan Gizi (PERMENKES NO.28 THN. 2019)	Kelompok umur (asumsi berat dan tinggi badan) (+ trimester pertama)	
	19-29 tahun (55 kg & 159 cm)	30-49 tahun (56 kg & 158 cm)
Energi (kkal)	2250 (+180)	2250 (+180)
Protein (g)	60 (+1)	60 (+1)
Lemak total (g)	65 (+2,3)	65 (+2,3)
Lemak omega 3 (g)	1,1 (0,3)	1,1 (0,3)
Lemak omega 6 (g)	12 (+2)	12 (+2)
Karbohidrat (g)	360 (+25)	360 (+25)
Serat (g)	32 (+3)	32 (+3)
Air (ml)	2350 (+300)	2350 (+300)

ANJURAN GIZI UNTUK IBU

Angka Kecukupan Gizi (PERMENKES NO.28 THN. 2019)	Kelompok umur (+ trimester pertama)	
	19-29 tahun	30-49 tahun
Kalsium (mg)	1000 (+200)	1000 (+200)
Fosfor (mg)	700	700
Magnesium (mg)	330	340
Zat besi (mg)	18	18
Iodium (mcg)	150 (+70)	150 (+70)
Seng (mg)	8 (+2)	8 (+2)
Selenium (mcg)	24 (+5)	25 (+5)
Mangan (mg)	1,8 (+0,2)	1,8 (+0,2)
Fluor (mg)	3	3
Kromium (mcg)	30 (+5)	29 (+5)
Kalium (mg)	4700	4700
Natrium (mg)	1500	1500
Klor (mg)	2250	2250
Tembaga (mcg)	900 (+100)	900 (+100)



Terima Kasih



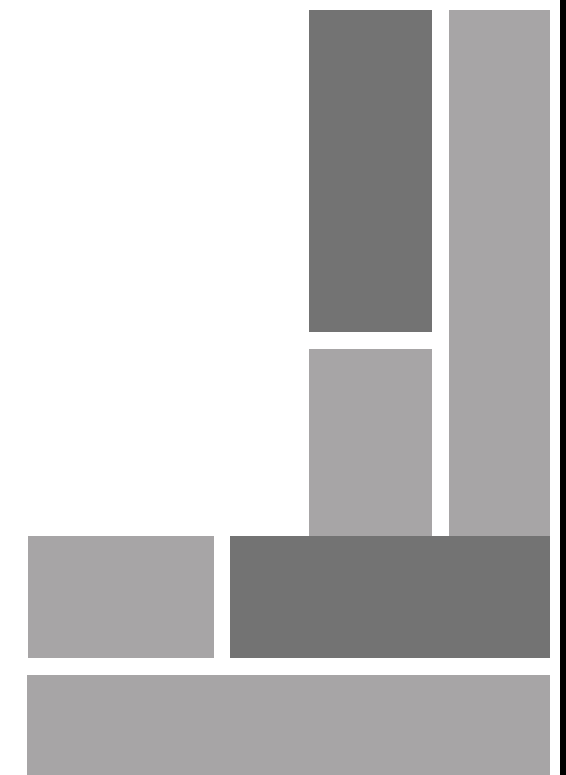
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