The supplementary feeding program (PMT) in an effort to prevent child stunting in RW 01 Notoprajan, Yogyakarta

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Abstract
Stunting remains a significant public health issue in Indonesia. The Supplementary Feeding Program (PMT), which uses local food sources, is a key intervention. This study aimed to evaluate the nutritional status of toddlers and the role of the PMT program in RW 01, Notoprajan Village, Yogyakarta. Methods thst we use is a descriptive cross-sectional study was conducted. Primary data were collected from 28 toddlers at the RW 01 Posyandu on August 15, 2025, through anthropometric measurements (weight and height). The analysis focused on the prevalence of stunting, defined as a height-for-age z-score below -2 standard deviations. Results Of the 28 toddlers, 3 (10.7%) were found to be stunted. This prevalence is slightly lower than Yogyakarta City's 2024 stunting rate (14.8%), yet it still highlights that stunting persists as a community-level issue despite various ongoing interventions. Conclusion is the 10.7% stunting rate in RW 01 Notoprajan underscores the need for continuous efforts. The PMT program is crucial for improving the nutrition of stunted and at-risk toddlers. The program's success depends on the collaboration between the Community Health Center (Puskesmas), the dedication of community health workers (kader), and the active involvement of families.

Keywords: child health; community health worker; family; supplementary feeding program (pmt); stunting

1. Introduction

Stunting, a condition of growth failure resulting from chronic malnutrition, constitutes one of the most significant public health challenges in Indonesia (Rahayu et al., 2018). Its consequences extend beyond short stature to include impaired cognitive development, reduced productivity in adulthood, and an elevated risk of non-communicable diseases (Megawati & Laksono, 2021; Hardinsyah et al., 2021). The Indonesian government has demonstrated a firm commitment to addressing this issue, as reflected by the decline in the national stunting prevalence from 21.5% in 2023 to 19.8% in 2024 (Yogyakarta City Government, 2025). This reduction is attributed to the convergence of specific and sensitive nutritional interventions promoted across various levels of governance (Purnamasari et al., 2022). With an ambitious target to lower the stunting rate to 14.2% by 2029, a range of interventions continues to be advanced.

Despite national improvements, the prevalence of stunting varies considerably across regions. At the local level, Yogyakarta City also exhibits dynamics that warrant attention. The stunting prevalence in Yogyakarta City was successfully reduced from 16.8% in 2023 to 14.8% in 2024. While this achievement demonstrates the effectiveness of implemented programs, the rate remains above the city's target of 12% (Bappeda Kota Jogja, 2024). This highlights the importance of analysis at smaller community units, such as the Rukun Warga (RW) or neighborhood association level, to understand the practical implementation of existing programs. Notoprajan Village, situated within the service area of the UPT Puskesmas Ngampilan, is one of the areas where stunting prevention efforts are being intensively conducted.

A cornerstone of the strategy to accelerate stunting reduction is specific nutritional intervention through the Supplementary Feeding Program (PMT). Following technical guidelines from the Ministry of Health, this program now emphasizes the use of local food ingredients (Kementerian Kesehatan RI, 2023). Its objectives are to enhance the nutritional status of targeted toddlers, empower the local economy, and foster family self-reliance in providing nutritious food (Fitri & Kandarina, 2019; Ramayulis et al., 2018). The success of this program at the grassroots level heavily relies on the role of

Posyandu cadres, who serve as the frontline implementers, from data collection and meal preparation to community education (Suryani et al., 2022; Suhartini & Lestari, 2021).

Given the importance of local, data-driven evaluation, this study aims to provide a current overview of the stunting situation in RW 01, Notoprajan Village. By utilizing data from Posyandu activities, this research will describe the prevalence of stunting in the area and discuss the strategic role of the PMT program within the context of field findings.

2. Method

This research utilized a descriptive study design with a cross-sectional approach. This methodology was selected to portray the prevalence and characteristics of stunting at a single point in time within a specific community.

2.1. Research Location and Time

The study was conducted at the Toddler Posyandu located in RW 01, Notoprajan Village, Ngampilan District, Yogyakarta City. Data were collected directly during the Posyandu's mass weighing session on August 15, 2025.

2.2. Population and Sample

The study population comprised all children aged 0-59 months residing in RW 01, Notoprajan Village. The sample was obtained using a total sampling technique, wherein all toddlers who attended and participated in the measurement activities at the Posyandu on August 15, 2025, were included in the study. The final sample size consisted of 21 toddlers.

2.3. Data Collection Technique

The study used primary data collected by Posyandu cadres under the supervision of healthcare professionals from the Gedongtengen Community Health Center. The data collection process involved:

a) Anthropometric Measurements: Each toddler's weight was measured using a digital scale, and their length/height was measured using a standard infantometer or microtoise.
b) Data Recording: Information on age (in months), sex, weight (kg), and length/height (cm) was documented in the Posyandu registration book and on each child's individual Health Card (Kartu Menuju Sehat - KMS).

2.4. Data Analysis

The collected anthropometric data were analyzed to ascertain the nutritional status of the toddlers. Stunting status was determined using the height-for-age (H/A) indicator. A toddler was classified as stunted if their H/A z-score fell below -2 Standard Deviations (SD) from the WHO Child Growth Standards. Data analysis was conducted descriptively by calculating the number of stunted toddlers and expressing this as a prevalence (percentage) of the total measured sample.

3. Results and Discussion

3.1. Research Results: Stunting Prevalence in RW 01 Notoprajan

During the Posyandu activity on August 15, 2025, a total of 28 toddlers in RW 01, Notoprajan Village, participated in weight and height measurements. The analysis of their nutritional status revealed the following:

a) Number of Stunted Toddlers: 3 children were found to have a height-for-age (H/A) z-score below -2 SD.
b) Stunting Prevalence: Consequently, the prevalence of stunting in RW 01, Notoprajan Village, at the time of the study was 10.7% (3 out of 28 toddlers).

3.2. Sub Chapter 2

The 10.7% stunting prevalence in RW 01 Notoprajan offers a specific insight into the nutritional challenges at the community level. This rate is slightly lower than the average prevalence for

Yogyakarta City in 2024, which was 14.8% (Bappeda Kota Jogja, 2024). Although this suggests a comparatively better situation than the city average, the figure remains above the 12% target set by the Yogyakarta City Government and the 14% national target for 2024. This confirms that stunting is not merely an issue reflected in aggregate data but a tangible condition affecting children even in the smallest community units.

The identification of 3 stunted toddlers in a single RW provides a strong justification for implementing specific nutritional interventions, particularly the local food-based Supplementary Feeding Program (PMT). The PMT is designed to deliver additional, animal protein-rich nutritional intake to address growth faltering and improve nutritional status (Sari et al., 2016; Mugianti et al., 2018). Numerous studies across Indonesia have demonstrated the effectiveness of PMT in significantly increasing the weight and height of toddlers (2). Thus, the ongoing PMT program in Notoprajan is a critical intervention for the three affected toddlers and serves as a preventive measure for the other 18 children to ensure they do not develop the same condition.

However, the success of the PMT program is not determined solely by the provision of food. Its implementation is influenced by various supporting and inhibiting factors. Key supporting factors typically include effective collaboration between Posyandu cadres and healthcare workers from the Puskesmas, as well as the high level of dedication among the cadres. Posyandu cadres play a pivotal role, from identifying target beneficiaries and managing the PMT to delivering health education to mothers (Suryani et al., 2022).

Conversely, several challenges can impede the program's effectiveness. These often include:

a) Cadre Capacity: Some cadres may require further capacity building in accurate anthropometric measurement techniques and nutritional counseling skills to facilitate behavioral change in parents (Suhartini & Lestari, 2021).
b) Parental Behavior and Child-Rearing Practices: A lack of parental understanding regarding balanced nutrition can diminish the program's impact. A study in Sleman identified a significant relationship between maternal nutritional knowledge and the incidence of stunting (Rakhmawati & Ansori, 2020). Furthermore, child-rearing practices, household dietary diversity (Dewi & Nindya, 2017), and the father's role in parenting are also strong determinants (Febriani et al., 2020; Lestari et al., 2018).
c) Operational and Environmental Challenges: Financial constraints can limit the variety of the PMT menu. Innovations in menus using local food sources can offer a viable solution (Fitri & Kandarina, 2019; Hadi et al., 2019). Moreover, environmental factors such as access to adequate sanitation and clean water are sensitive nutritional interventions that are indispensable for stunting prevention (Setiawan et al., 2020).

Therefore, addressing the three cases of stunting in RW 01 Notoprajan necessitates a comprehensive approach. The PMT program must be sustained and strengthened, but it must also be complemented by intensive family education and continuous capacity building for cadres.

4. Conclusion

Based on data from the Posyandu activity on August 15, 2025, it is concluded that the prevalence of stunting in RW 01, Notoprajan Village, Yogyakarta City, is 10.7%. This figure indicates that stunting remains a real and persistent health issue at the community level, despite being slightly lower than the city-wide average. The local food-based Supplementary Feeding Program (PMT) holds a highly strategic role as a primary intervention for managing existing cases and preventing the emergence of new ones.

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