

**EFFECTIVENESS OF FAMILY NUTRITION EDUCATION ON THE INCIDENCE OF STUNTING: SYSTEMATIC REVIEW****Siti Hardiyanti¹, Etti Rekawati², Agus Setiawan², Dwi Cahya Rahmadiyah²**¹Magister Of Community Nursing, Faculty of Nursing, Universitas Indonesia, Jl. Prof. DR. Sudjono D. Puspongoro, Pondok Cina, Beji, Depok, West Java 16424, Indonesia²Department of Community Nursing, Faculty of Nursing, Universitas Indonesia, Jl. Prof. DR. Sudjono D. Puspongoro, Pondok Cina, Beji, Depok, West Java 16424, Indonesia*siti1002hardiyanti@gmail.com**ABSTRACT**

The family has an important role in the growth and development of babies so that they do not experience stunting. Knowledge has an impact on increasing understanding of toddler nutrition. Objective: The aim of this literature search is to determine the effectiveness of family nutrition education on the incidence of stunting. Literature search method by combining search term using Boolean operator, below are the keywords used in the literature “mother” AND “Family nutritional science” AND “stunting” OR “growth disorders”. Literature search on several databases: Sage Journal, PubMed, Clinical Key, Science Direct, Proquest, Ebsco, Embase, Springer Link published from January 2018 to December 2023 and found 75.261 article using the PRISMA method. This systematic review research study explains that family nutrition education has the aim of increasing family knowledge, healthy development, diversity of eating patterns, and increasing the growth and development of toddlers. Family nutrition education can increase knowledge and understanding regarding eating patterns and nutrition for toddlers, family nutrition education followed by training can further improve behavior in providing healthy nutrition for toddlers.

Keywords: family nutrition education; stunting; toddler nutrition

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INTRODUCTION

Family behavior can affect the growth and development of toddlers, stunted toddlers are caused by a lack of nutritional intake during the growth period in the first 1000 days of birth (HPK) (Rahmadhita, 2020). Toddlers can be said to be stunted if children experience growth failure caused by lack of nutrition and the length or height of the child is below the standard deviation (-2SD) of children their age. Stunting has a serious impact on children's growth and development, the long-term impact caused by stunting is experiencing chronic health problems, low productivity and stunted cognitive development, while the short-term impact of stunting is slowed growth and development of toddlers. Stunting also has an impact on the country's economy which experiences losses to the labor force in Indonesia which are estimated to reach approximately two hundred trillion (Kemenkes, 2021).

The prevalence of stunting in the world in 2023 was 22.3%, of which 21.8 to 22.9% were toddlers (WHO, 2023a). The prevalence of stunting in Indonesia still shows a fairly high rate, based on the results of the Indonesian nutritional status survey (SSGI) which showed a decrease of 2.8% in 2022, namely 21.6% from 24.4% in 2021 (Kemenkes, 2023).

One of the Sustainable Development Goals (SDGs) targets is to end malnutrition, both stunting and wasting, in children under five (WHO, 2023b). The causes of stunting consist of several factors, namely individual factors, family factors and environmental factors (Yani et al., 2023). In addition, other factors that influence the occurrence of stunting are poor maternal nutrition and access to balanced nutrition, unhealthy feeding practices and diets, limited access to health and nutrition services, and poor sanitation and water quality (BKPK Kemenkes, 2022). Factors that can influence stunting prevention behavior consist of gender, birth spacing, history of infectious diseases, lack of maternal knowledge, poor parenting, opinions of parents who cannot meet the nutritional needs of toddlers, utilization of health services that are not optimal and lack of hygiene in the family towards household sanitation (Atamou et al., 2023).

The incidence of stunting is also caused by unhealthy family behavior in providing nutrition to toddlers, family behavior is influenced by self-efficacy and social norms that exist around the family environment, good self-efficacy in the family can improve clean and healthy living behaviors that can form children's immunity so that the role of parents is very important to the health of toddlers and behavior in preventing stunting (Soviyati et al., 2023). One of the stunting prevention behaviors that can be carried out by families in caring for toddlers is providing healthy and nutritious food so that it is necessary to conduct nutrition education regarding feeding to families of toddlers in order to increase family knowledge, especially parents (Banowo & Hidayat, 2021). Families are individuals who depend on each other for emotional, physical and economic support, so family health can be played by each member and the entire family system (Kaakinen et al., 2018).

One of the roles of community nurses in preventing stunting is to be an educator or health teacher for the community, namely by providing knowledge about family health, disease, parenting and healthy and nutritious feeding to toddlers, nurses also teach how parents take care of newborns to family members who are newly diagnosed with disease (Kaakinen et al., 2018). Family members have an important role in improving health in the family, with health education or literacy, it is hoped that to determine the effectiveness of family nutrition education on the incidence of stunting that can improve stunting prevention behavior in toddlers families can be more independent in improving the health of their family members (McManus et al., 2021). Based on the problems regarding the incidence of stunting in toddlers caused by a lack of family knowledge of stunting prevention behavior and unhealthy feeding to toddlers, research questions can be formulated on how the effectiveness of family nutrition education for mothers of toddlers on stunting prevention.

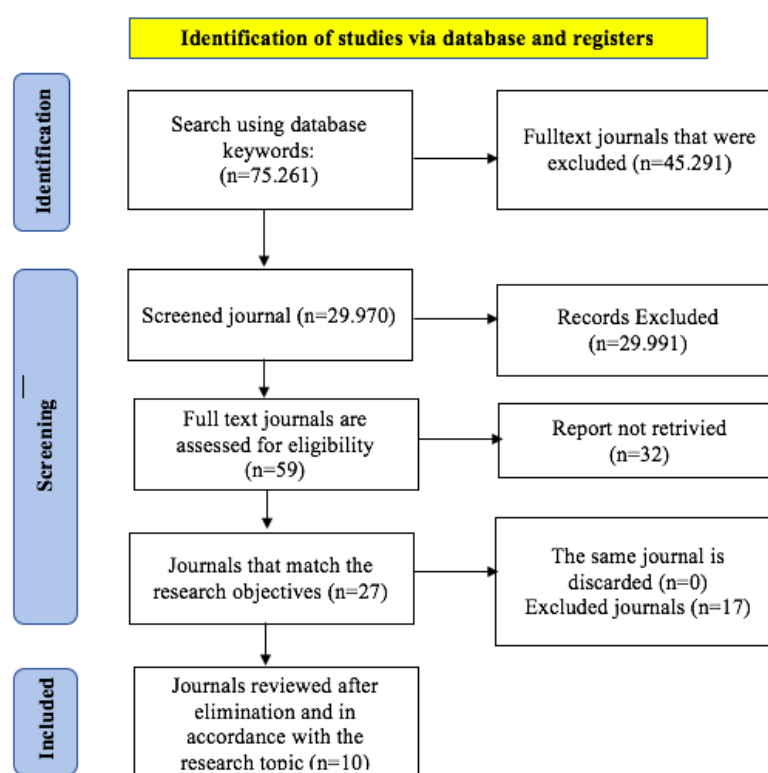
METHOD

The databases used in this literature search are Sage Journal, PubMed, ClinicalKey, Science Direct, Proquest, Ebsco, Embase and Springer Link. Search method by combining search terms using Boolean operators, namely OR, AND, NOT, below are the keywords used in the literature search : *mother AND family nutritional science AND stunting*, - (((*mother of stunted*) OR (*Female Parent*))) AND (((*Family nutrition education*) OR (*family nutritive education*))) AND (((*stunting*) OR (*growth disorders*))), (((*mother of stunted*) OR (*mothered*) OR (*Female Parent*) OR (*mothering*) OR *mother s*)) AND (((*Family nutrition education*) OR (*family nutritional status*) OR (*family nutritional science*) OR (*family nutrition assessment*) OR (*family nutritive education*) OR (*educational status*))) AND (((*stunting*) OR (*growth disorders*) OR (*stunted*))).

The literature search began with a keyword search that had been conducted and determined, then filtered based on inclusion and exclusion criteria and in accordance with the research objectives. The researchers independently assessed the quality of the selected articles using a checklist. Furthermore, the articles are expressed in PRISMA which proposes a search process consisting of three steps, namely identifying screening and inclusion

Table 1.
Inclusion and exclusion criteria

Inclusion Criteria	Exclusion Criteria
1. Article accessed full text	1. Article cannot be accessed in full
2. Published within the last 5 years (2018-2023)	2. Meta-analysis, systemic review and literature review articles
3. The Article using English	
4. Academic Articles	



Picture 1. PRISMA Flowchart

Table 2.
Data Charting

No	Database	Title, author	Population/setting	Country	Outcome	Design
1.	Sage Jurnal	Title : Improving parenting practices and development for young children in Rwanda : Result form a randomized control trial	light touch (n = 482), full intervention (n = 482), and control (n = 483) groups	Rwanda	Parent education program significantly improved cognitive, language, physical, problem-solving and social-emotional	A randomized

No	Database	Title, author	Population/ setting	Country	Outcome	Design
		Authors: Abimpaye, Monique Dusabe, caroline Nzabonimpa, Jean Providence Ahsford, Richard Pisani, Lauren			development for children 6-36 months	
2.	Pubmed	Title: Effect of participatory learning and action with women's groups, counselling through home visits and creches on undernutrition among children under three years in eastern India: a quasy- experimental study Authors: Gope, Raj Kumar Tripathy, Prasanta Prasad, Vandana Pradhan, Hemanta Sinha, Rajesh Kumar Panda, Ranjan Chowdhury, Jayeeta Ganaphaty, Murugan Roy, Shampa De, Megha Ghosh, Sanjib Kumar Roy, Swati Sarbani Prost, Audrey	All mothers and children under 3 years of age. That is 4668 toddlers	India	PLA (Participatory learning and Action) meetings and home visits reduce malnutrition in children under the age of three in rural eastern India	A Quasy experimne tal study
3.	Pubmed	Tittle : Scaled-Up nutrition education on pulsecereal complementary food practice in Ethipia : a cluster randomized trial Authors : Teshome, Getenesh Berharu Whiting, Susan J Green, Timothy J Mulualem, Demmelash Henry, Carol J	772 mothers with children, 386 in the control group and 386 in the intervention group	Ethiopia	Nutrition education delivered by HEWs (Health Extension Wokers) can improve maternal KAP regarding the consumption and diversity of children's diets so that there is an improvement in children's nutritional status	A cluster randomize d sudy
4.	Science Direct	Title : Effects of nutritional supplementation and home visiting on growth and development in young children in Madagascar : a cluster-randomised controlled trial	3738 mothers. 1248 pregnant women and 2490 children aged 0-11 months	Madagas car	LNS (Lipid-based nutrition supplementation) for children with a 12-month duration only provides growth benefits if started at an early age, suggesting the need to supplement	Randomis ed controlled trial

No	Database	Title, author	Population/ setting	Country	Outcome	Design
		Authors : Galasso, Emanuela Weber, Ann Stewart, Christine Ratsifandrihamanana, Lisy Fernald, Lia CH			infants at 6 months of age in very low income contexts	
5.	Proquest	Title : Early Stunting Detection Education as an Effort to Increase Mother's Knowledge About Stunting Prevention Authors : Sari, Gadis Meinar Rosyada, Amrina Himawati, Allyra Rahmaniar, Dinda Purwono, Priyo Budi	40 mothers of toddlers	Indonesi a	Stunting detection education can significantly improve mothers' knowledge related to stunting prevention in children aged 0-24 months	Pre- eksperime ntal
6.	Proquest	Title : Effect of educationl intervention based on health belief model on mothers monitoring growth of 6-12 months child with growth disorders Authors : Jeihooni, Ali Khani Mohammadkhah, Fateme Razmjouie, Fateme Harsini, Pooyan Afzali Jahromi, Fariba Sedghi	60 mothers of toddlers for control and 60 toddlers for intervention	Iran	This study showed that HBM-based education intervention improved mothers' knowledge and eating behavior and improved children's Growth Disorders	Quasi Eksperime ntal
7.	Proquest	Title : Effect of Nutritional Literacy on Mothers's Self Efficacy in Child Feeding Authors : Solikhah, Maula Mar'atus Kusuwardani, Lita Hen Ardiani, Nurul Devi Afni, Annisa Cindy Nurul Murhayati, Atiek Nurjanah, Siti Pratiwi, Erinda Nur	30 mothers of toddlers	Indonesi a	Nutritional literacy for toddlers in this study has an effect on the efficacy of maternal behavior in providing food to toddlers with a p- value of 0.000 (p <0.05)	Quasy Eksperime nt
8.	Embase	Title : The Effect of Interactive Education Program in Preventing	64 mothers with 32 intervention and 32 control	Indonesi a	This research provides a new approach to stunting prevention	Randomiz ed Controlled Trial

No	Database	Title, author	Population/ setting	Country	Outcome	Design
		Stunting for Mothers with Children under 5 Years of Age in Indonesia : Randomized Controlled Trial Authors : Maryati, Siti Yunitasari, Pritta Punjastuti, Budi			that can provide improved health service policies in prevention programs for the community with basic evidence	
9.	Embase	Title : Group Sessions or Home Visits for Early Childhood Development in India : A Cluster RCT Authors : Grantham_McGregor, Sally Adya, Akanksha Attanasio, Orazio Augsburg, Britta Behrman, Jere Caeyers, Bet Day, Monimalika Jervis, Pamela Kochar, Reema Makkar, Perna Meghir, Costas Phimister, Angus Rubio-Codina, Marta Vats, Karishma	192 study village (1449 children)	Odisha, India	Nutrition education alone cannot solve malnutrition in the context of food insecurity and poor hygiene, and a more comprehensive program is needed	Cluster Randomiz ed control trial
10.	Springer Link	Title : Impact of home-based nutritional intervention program on nutritional status of preschool children : a cluster randomized controlled trial Authors : Ansuya Nayak, Baby S Unnikrishnan Ravishankar Shashidara Mundkur, Suneel C	12 cluster village dan 253 sample	South India	The nutritional status of preschool children was found to improve significantly through home- based interventions. As home-based diet therapy includes the involvement of caregivers in preparing nutritious meals, it leads to healthy dietary practices in the family, reducing child malnutrition. Policy makers should be made aware of the current state of under-five child nutrition and reminded that home-based diets	Communit y cluster randomize d control led trial

No	Database	Title, author	Population/ setting	Country	Outcome	Design
					are a more affordable treatment option that reduces child morbidity and mortality. The country needs a multidimensional strategy to reduce nutrition problems, given the geographical, cultural and financial situations that exist across the country; management of protein- and energy-dense home-cooked diets may be one of them	

RESULTS

Characteristic Data

Based on the inclusion criteria, 10 suitable articles were obtained. The results of the analysis showed that there were four thematic objectives of family nutrition education: increased knowledge, healthy development, dietary diversity and improving growth and development of children under five. The objectives of family nutrition education were found in articles on increased knowledge (4 articles) (Grantham-McGregor et al., 2020; Khani Jeihooni et al., 2022; Sari et al., 2021; Solikhah et al., 2021), healthy development (2 articles) (Abimpaye et al., 2020; Gope et al., 2019), dietary diversity (2 articles) (Maryati et al., 2022; Teshome et al., 2020), and improving growth and development of children under five (2 articles) (Ansuya et al., 2023; Galasso et al., 2019). All articles reviewed in determining the theme used a quasi experiment and randomized control trial design. Participants in these studies were in the range of 30-60 respondents for the quasi experiment design and 100-1000 respondents for the randomized control trial design. The origin of the studies analyzed in this article are Rwanda, India (3 articles), Ethiopia, Madagascar, Indonesia (3 articles), Iran. The studies in this article used group methods (Abimpaye et al., 2020; Gope et al., 2019; Khani Jeihooni et al., 2022; Maryati et al., 2022; Sari et al., 2021; Solikhah et al., 2021; Teshome et al., 2020) and home visits (Ansuya et al., 2023; Galasso et al., 2019; Gope et al., 2019; Grantham-McGregor et al., 2020).

Table 3.
Family Nutrition Education Goals

Goals	References									
	1	2	3	4	5	6	7	8	9	10
Increased Maternal Knowledge										
Family nutrition education can improve mothers' knowledge in preparing food consumed by toddlers.					√					
Improved constructs of parental health beliefs, weight and eating behaviors of toddlers						√				
Family nutrition education has a positive impact on family									√	

Goals	References
health behavior	
Family nutrition education can improve health behavior change in families.	√
Healthy development	
Family nutrition education can promote healthy development in development and parenting behavior	√
Family nutrition education and participatory learning action (PLA) can reduce undernutrition among children under five years of age.	√
Dietary Diversity	
Improving parenting patterns in preparing healthy food for toddlers	√
Has substantial interaction effects with childhood diseases and reduces stunting, and increases dietary diversity	√
Improves Toddler Growth and Development	
Has effects on under-five growth and higher benefits for lower prevalence of stunting	√
Significantly increases average body weight in toddlers	√

Increased Maternal Knowledge

Family nutrition education has a positive impact on the family, which can increase the knowledge of mothers in preparing food for their toddlers, as well as strengthen in building parents' confidence about the health, weight, and eating behavior of their toddlers, providing changes to family health behavior better than before.

Healthy development

Family nutrition education provides encouragement to families in improving nutritional health by paying more attention to the development and growth of toddlers and family nutrition education in collaboration with the provision of nutrition or supplements can reduce malnutrition in toddlers.

Dietary Diversity

Family nutrition education also provides knowledge in the process of preparing food for toddlers, so that the food consumed is diverse and can provide substantial construction of diseases suffered by toddlers, so that toddlers are more immune to disease.

Improves Toddler Growth and Development

Family nutrition education has a good effect on the growth and development of toddlers, and families can better understand health decision-making in toddlers, thereby increasing body weight and reducing the prevalence of stunting

DISCUSSION

Family nutrition education is the process of providing knowledge, skills and understanding to family members about the importance of a healthy diet, proper nutrition and a balanced lifestyle to achieve optimal health. Family nutrition education can improve mothers' knowledge in preparing food consumed by toddlers, mothers' knowledge increased significantly after the intervention (Sari, 2019). In a study conducted by Khani, Jeihoni also resulted in a significant increase in knowledge, construction of parental health benefits, child weight and eating behavior after a three-month intervention (Khani Jeihooni et al., 2022). Educational interventions on stunting conducted with home visits have a greater positive impact on families than group sessions (Grantham-McGregor et al., 2020). Other studies explain that nutritional literacy for families can increase knowledge and self-efficacy of

mothers (Solikhah et al., 2021). The existence of family nutrition education has an effective impact on parents' knowledge, especially on mothers in caring for and preparing food for toddlers. Research conducted by Setia (2020) explains that family nutrition education can improve the growth of toddlers and increase changes in health behavior towards families and parenting patterns of parents in providing food to toddlers (Setia et al., 2020).

Parent education promoted healthy development with improvements in both the mild intervention (caregivers attending weekly radio parenting education sessions, and basic training volunteers attending homes) and full intervention (caregivers attending weekly radio parenting education sessions, and fully trained volunteers and regional facilitators attending homes) groups in child development, and parenting behaviors (Abimpaye et al., 2020). Family nutrition education can reduce malnutrition in children in eastern India, areas 3 with participatory learning action (PLA), home visits and childcare reduced the incidence of wasting, underweight and stunting compared to areas 2 with PLA and home visits, and areas 1 with control (Gope et al., 2019). The existence of family nutrition education can help improve the country's healthy development, as described in the study that an environment that supports the lifestyle of family members creates a rapid process for healthy development (Handayani et al., 2023). In addition, family nutrition education also requires social support with nutrition programs from health workers, government and community organizations. Research has shown that integrative nutrition programs can provide higher outcomes for mothers and children than standard nutritional health procedures (Siswati et al., 2022).

Family nutrition education can improve the dietary diversity of family members, especially the parenting pattern of parents in preparing healthy food for their toddlers, nutrition education for mothers can improve mothers' knowledge, attitudes and skills, and can reduce the prevalence of stunting, wasting and underweight significantly compared to the control group in Ethiopia (Teshome et al., 2020). Other studies have also explained that family nutrition education has a substantial effect or interaction with child illness and can reduce the incidence of stunting in Indonesia, and with this intervention families showed an increase in dietary diversity for toddlers compared to the control group (Maryati et al., 2022). Family nutrition education provides parents with knowledge of a variety of healthy foods for toddlers, so that mothers can choose appropriate foods and process food to be more attractive to toddlers, this diversity of diets can have a positive effect on consumption habits in toddlers, in the study explained that food diversity has a significant relationship with toddler diet both in normal, wasting, stunting and obese toddlers (Aboagye et al., 2021). In addition, dietary diversity needs to be considered the content contained in product packaging, so that the needs and nutrition of toddlers are fulfilled, based on research food products need to be considered so that the risk of anthropometric failure of toddlers is very small and toddlers can consume adequate food (Pandey & Kashima, 2021).

The implementation of family nutrition education conducted with toddlers at home can improve growth and development, toddlers who received interventions with intensive nutrition counseling assisted by community volunteers had higher length-for-age Z scores, but nutrition counseling interventions coupled with the provision of nutritional supplements with lipids for pregnant women, breastfeeding mothers and mothers of toddlers had higher effects on toddler growth and higher benefits for lower stunting prevalence (Galasso et al., 2019). Another study explained that family nutrition education can significantly increase the average body weight in the intervention group, initially the group consisted of a moderately malnourished group and a group with poor nutrition, at the end of the intervention the group decreased until it reached normal nutritional status in toddlers (Ansuya et al., 2023). Family

nutrition education can be carried out to the community even though the prevalence of stunting does not affect it, but family nutrition education can have a significant impact on family health and nutrition behavior indicators which are the pathway to improving nutrition outcomes for children's long-term growth and development (Elisaria et al., 2021). The lack of nutrition education for families in the Ethiopian region causes people to not pay attention to the nutritional health of toddlers and toddlers will lack food, therefore food security by increasing family nutrition education carried out by various sectors can improve the growth and development of toddlers for better health and future children (Afework et al., 2021).

CONCLUSION

Family-focused nutrition education can have a significant effect on improving the nutritional health of toddlers and is one of the efforts that can be used in stunting prevention behavior programs. Family nutrition education can provide increased knowledge to families about stunting and will improve family attitudes and behaviors in maintaining the health of toddlers. Family nutrition education will further improve child nutrition with the help of local policies regarding stunting prevention behavior, and other nutritional health programs are needed so that stunting prevention behavior in the community will be more optimal

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