

## Literature Review: Health Promotion Strategies Stunting Prevention in Timor-Leste

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### Abstract

*Stunting remains a critical public health issue in Timor-Leste, significantly impacting child development and future societal progress. This literature review examines various health promotion strategies aimed at preventing stunting in the country. By analyzing key studies and intervention programs, this review highlights effective approaches, including community-based nutrition education, maternal health improvement, and government-led initiatives. The role of public awareness campaigns and the integration of healthcare services also emerge as essential components in tackling stunting. The findings suggest that a multi-sectoral and culturally sensitive approach is critical for the long-term success of stunting prevention efforts in Timor-Leste. Future recommendations emphasize the need for sustained political commitment and enhanced resource allocation to ensure the sustainability of these health promotion strategies.*

**Keyword: Stunting Prevention; Health Promotion Strategies; Child Development; Nutrition Education; Maternal Health;**

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## **Introduction**

Health promotion is a process of facilitating individuals and communities to improve their health status. Health Promotion is also a factor that influences public health is a clean and healthy lifestyle (Fabanyo & Anggreini, 2022), (Hestia & Kusumo, 2022)

Health promotion in public health has two meanings. First, health promotion as part of the disease prevention level. Second, health promotion is the marketing of health messages so that people can receive health messages from promoters. Health promotion is a community empowerment process that aims to maintain and improve community health to change people's behavior. Change in people's behavior is influenced by various factors, such as health education material factors, method used, educators or officials, and educational assistance used (Saadah et al., 2022), (Milah, 2022)

Stunting is a condition of a child whose weight and height are not comfortable with his age, and late growth and stunting occurs through a long process, usually stunting is affected by 1000 days means from the mother who began pregnancy to two years (Tiyas & HasanBasri, 2023), (A'ini, Nst, Lubis, Fakhreni, & Harahap, 2023)

And Stunting is also a problem that exists in our country, so through health promotion to reduce the problem of children with stunting conditions, need to educate mothers to take care of their children live in healthy, and how to prevent children from stunting conditions, because we see the global incidence of stunting is estimated to be 171 million to 314 million that occurs in children under the age of 5 years and 90% Among them are in countries on the African continent and Asean (Soviyati, Sulaeman, Sugihardjo, & Wiboworini, 2023), (Najamuddin & Wahab, 2020)

And the UNICEF Representative in Timor-Leste spoke to the MEDIA during the launch of the government program "Research on Food and Nutrition", as well as the National Strategic Plan for Health Sector Nutrition (PENNSS) 2022-2026 that the short roots result from : Not exclusive breastfeeding, and unhealthy practices during feeding, use of formula milk (uut or kalen), and imported foods, frequent illness with diarrhea and stomach ulcers due to quality poor water, sanitation and hygiene, inadequate food and nutrition, lack of access to health facilities and other essential services.

Children with short stature will not develop their brains to the maximum, they are often at risk of getting sick frequently and are at high risk of diseases related to food consumption. Short stature not only affects children's health, but also prevents their development in the future. Children who suffer from short stature do not have maximum growth or cognitive potential will not develop, with all these problems short stature is also a determining factor for the development of growth for children's future to develop Timor-Leste. From the Ministry of Health through the Department of Nutrition in 2020 to review the research of nutrition food that resists malnutrition that is high in three municipalities (Ainaro 60.3%, Ermera 63.4% and RAEOA 57.1%), and for 47% of children under five suffer from chronic malnutrition and stunting in Timor-Leste. From the introduction and the problems above, we need to make an appropriate strategy or plan to promote health in the community to increase pregnant women's knowledge of how to prevent children from stunting or short stature.

### **Method**

The method used by the author is a systematic review of articles or journals relevant to the topic with data sources in the form of journals and articles to consult the Mendeley Program to obtain sources for bibliography articles, or research results on this electronic database 'which is found or taken from Publish on Google Scholar and Access Newspaper (Tatoli) National Agency of Timor-Leste. Research inclusion criteria Include articles or journals appropriate to the research topic, using Indonesian or Tetun, published in the last 5 years from the year (2019 - 2024), and articles or journals that can be accessed in full text. In this lesson or journals that cannot be accessed in full text will be Excluded.

### **Outcome**

The results of the review of literature / articles and journals through electronic model, from 10 articles are taken related to the topic, and literature reviews are in Indonesian and translated into Tetum, and described by Google Scholar.

**Table Outcome Review Article**

NO	TOPIC	AUTOR	YEAR	METHOD	OUTCOME
1	Health Promotion Media to Increase Maternal Awareness of Stunting ( <a href="#">Media promosi kesehatan untuk meningkatkan pengetahuan ibu tentang stunting</a> )	Aeda Ernawati, (Ernawati, 2022)	2022	Systematic review method.	The result of the study showed that health promotion media that can be used to increase awareness about stunting be through poster method, flipcharts, video, and WhatsApp social media.
2	Factors for the Success of Health Promotion Program "Gempur Stunting" at Rancakalong Community Health Center Sumedang ( <a href="#">Faktor-Faktor Keberhasilan Program Promosi Kesehatan "Gempur Stunting" Dalam Penanganan Stunting di Puskesmas Rancakalong Sumedang</a> )	Manggala, Tatang Suminar, Jenny Ratna Hafiar, Hanny (Manggala, Suminar, & Hafiar, 2021)	2021	The research method used is the method Qualitative	The research results showed that reducing the higher stunting prevalence level in Sumedang due to supporting factors including: (1) Variation in community-based activities; (2) Good collaboration and coordination between related sectors (3) Sustainability of health promotion programs to combat stunting.
3	Implementation of Health Promotion to reduce stunting cases in Darajuanti Community Health Center Service Area, Sintang Regency. ( <a href="#">Implementasi Promosi Kesehatan untuk Menurunkan Kasus Stunting di Wilayah Kerja Puskesmas Darajuanti Kabupaten Sintang</a> )	Komala Dewi, Ria Risti Putra, Gandha Sunaryo (Dewi & Putra, 2020)	2020	The implementation methods used are socialization, counseling and training.	The results of this activity also showed that there is a significant difference in the level of knowledge of the respondents before and after the counseling (value 0.00).
4	Health Promotion for 1000 Days (HPK) is an effort to prevent stunting in Perina District, Bonjeruk Community Health Center Service Area ( <a href="#">Pengaruh Edukasi 1000 Hari Pertama Kehidupan (HPK) Terhadap Pengetahuan Dan Sikap Wanita Usia Subur (WUS)</a> )	Yulastini, Fitria Hidayati, Diah Ulfa Fajriani, Evalina (Hidayati, Yulastini, & Fajriani, 2022)	2022	One of the methods used is to counsel and educate approximately HPK 1000 as an effort to prevent stunting.	There was an increase in the knowledge of HPK by approximately 1000 among the targets in the good category, especially at 44%, so that the targets received accurate information as a provision to prevent early stunting.
5	Assistance in stunting prevention for rural life in Lembeyan sub-district, Magetan district ( <a href="#">Pendampingan Pencegahan Stunting Melalui Gaya Hidup Pedesaan Desa Pupus Lembeyan Kabupaten Magetan</a> )	Ula, Rizal Fauzi, Ananta Citaningtyas, Dian Kadi, Ari Ardiansyah, Rico (Fauzi, Kadi, & Ardiansyah, 2023)	2023	Methods of conducting activities include lecturers, discussion, health check, practice, and observations through three age groups.	From these many implementations, the communities see as enthusiastic and understand how to prevent suffering to have a better generation in the future.

6	Health Promotion Strategy to eliminate incidents in Posyandu Cempaka Service Area Cempaka, Suku Pondok Meja.	Antasya, Zeti Sintia M.Ridwan Reskiaddin, La Ode	2022	The type of research used in this research is Qualitative research uses a descriptive approach.	Based on the results of the research, it is known that the health promotion strategy in Posyandu Cempaka has not worked well.
7	Behaviors of Pregnant Women to Prevent Stunting ( <a href="#">Perilaku pencegahan stunting pada ibu hamil</a> )	Nurfatimah, et al (Nurfatimah et al., 2021)	2021	This type of research Descriptive research, describing the situation in the community or society	The result of this research is that the behavior of pregnant women is good to prevent stunting at the age of >35, at tertiary education level, among working mothers and multigravida.
8	Community Empowerment in Preventing Stunting in Children Under Five Years of Age ( <a href="#">Pemberdayaan masyarakat dalam pencegahan stunting pada anak balita</a> )	Rochmatun Hasanah Fahimah Aryani Effendi, Bahtiar (Hasanah, Aryani, & Effendi, 2023)	2023	Methods of socialization and advice.	The results of this activity showed an increase in public understanding of what stunting is, the causes of stunting, the dangers of stunting in the short and long term as well as raising awareness to eliminate the impact of stunting to minimize the occurrence of stunting in children.
9	The importance of exclusive breastfeeding in preventing childbirth ( <a href="#">Pentingnya pemberian asi eksklusif untuk mencegah stunting pada anak</a> )	Suradi Sriyanah, Nour Cahyani, Andi Suci Hikma, Sri K, Kiswat (Efendi, Sriyanah, Cahyani, Hikma, & Kiswati, 2021)	2021	Community service method is the planning, implementation, monitoring and evaluation phase.	The results of the community service showed that pregnant women would apply when the baby was born, from the baby who was 0 to 6 months old. The conclusion was that the community service was successful in increasing exclusive breastfeeding to prevent children in Pacing Health Center District. Bone.
10	Socialization on Stunting Prevention among pregnant women in Suco Dradah ( <a href="#">Sosialisasi Pencegahan Stunting pada Ibu Hamil di Desa Dradah</a> )	Fadlilah, Anik Susanto, Edy Revelation, Revelation Muthoharoh, Husnul Susila, Ida (Fadlilah, Susanto, Wahyuni, Muthoharoh, & Susila, 2022)	2022	Coping methods Repeatedly pregnant mothers	Research findings show that stunting is influenced by family income, maternal knowledge of nutrition, mothering style, history of disease infection, history of immunization, protein intake, and intake of the mother. Maternal intake, especially during pregnancy, is a factor that plays an important role. Fetal nutrition depends entirely on the mother, so maternal nutritional adequacy strongly influences fetal condition.

### **Secondary data sources 2019-2023**

From the review of ten (10) articles described in the table shows the topic of Health Promotion Strategy for the Prevention of Stunting, which is part of a method or activity to prevent children from getting stunting conditions, through socialization or promotion method (using Social-Media to promote to reduce cases of children with stunting conditions) and can increase mothers' knowledge and improve mothers' attitudes so that children can live healthy.

### **Splain**

**A health promotion strategy** is a way to achieve the vision and mission of health promotion Effectively and efficiently, in the form of advocacy, environmental development, empowerment movement and partnership. The objective of health promotion is to empower the community so that people can know and become accustomed to a healthy lifestyle.

From the ten (10) literature reviews that have been described in this table shows that there are seven (7) literature that talks about Health Promotion, and 3 other literature talks about factors that influence the condition of stunting. As researchers Aeda Ernawati said that through the model of communication using media can also contribute to increase people's knowledge through messages or videos about factors that influence the condition of stunting, and six (6) other literature that talks about promotion Health becomes a basis for the community and family especially for mothers to increase mothers' knowledge and improve mothers' attitudes to take care of their children from stunting conditions and from articles or journals show significant results because there are results researchers show that when we do promotion or socialization in many mothers who understand or can facilitate their behavior to avoid factors that influence, With the content of researchers Ratna and Hanny<sup>2</sup> said that the results of research show that reduce the number of stunting in some factors which support is as follows; activities that carry out empowerment in the community, in collaboration with relevant sectors, and in the sustainability of health promotion programs. And on the other hand Ria dan Gandha<sup>3</sup> said that socialization is a factor that has a great influence on stunting and literature. On the other hand, three (2) other literatures also talk about factors that influence children to get stunting conditions, and factors that they describe many such as factors: Knowledge, support from family, exclusive breastfeeding, day care 1000, and the attitude factor of pregnant women.

But looking at the introduction described above about the conditions in our country Timor-Leste many children are suffering from stunting conditions because there are many factors that influence, we see from the conditions or situation in the country, because the literature is not using more detailed research methods we cannot know in detail or more specific about what factors are the determining factors that influence the condition of stunting. But generally, we see from the situation in our country Timor-Leste suffers from stunting conditions because economic factors, social and knowledge or attitude) is the factor that has the greatest risk of getting stunting conditions.

We see from the economic side becomes a determining factor because when a pregnant mother does not consume food that balanced nutrition will affect her child to get stunting conditions, social factors, we also see the mental side because when we live in a society which does not give importance to healthy life is that we are also accustomed to this environment, and the factor of knowledge and attitude influences because a mother must know the food or benefits of breast milk to be able to breastfeed for six months ( 6), and when becoming a mother must have an attitude that gives importance to children to live healthy and consume food that contaminates nutrition to protect children to live healthy, and also other factors that must be conscious Mothers must have awareness to access health facilities to be able to consult, so health promotion strategy becomes a means to access to increase knowledge through promotion or socialization, and also become an important variable to contribute to development by minimizing conditions stunting and healthy life for children, because stunting not only affects short roots but can also affect the intellectual growth of children, so stunting becomes a problem of the country, because for the development of a country we need people who healthy living.

### **Conclusion**

I would like to conclude that the Health Promotion Strategy is an important means for a country. Especially developing countries, because we are poor for messages or information about health, how to live healthy to contribute to development, so the author prefers to talk about stunting (short roots), because short roots do not contribute not only for physical condition is not healthy but intellectual growth also develops slowly, so Health Promotion for the prevention of stunting (short roots) becomes an important means for us humans, especially for mothers, to increase their knowledge and improve attitudes and have awareness to put importance on children's health, to achieve a healthy life to minimize cases of stunting we must have a promotion strategy that is efficient and effective, by preparing programs according to systematic and promote through means (mensangen, video, socialization, promotion and pain to pain ) but must be more adequate also need relevant parties to support. Because children are the people who will determine the future of Timor-Leste, it requires people with good IQ and healthy lifestyle.

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