

ABSTRACT

THE RELATIONSHIP BETWEEN PROTEIN INTAKE WITH CHILDREN'S STUNTING INCIDENCE IN INDONESIA

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Background: Stunting is a chronic condition in the form of a linear decrease in growth rate due to long-term malnutrition. Stunting according to the World Health Organization (WHO) Child Growth Standard is based on an index of body length for age (PB/A) or height for age (TB/A) with a z-score less than -2 SD. Factors that cause stunting are in the form of food intake and infectious diseases. Toddlers who experience a deficiency of protein intake that lasts a long time even though their energy intake is sufficient will experience stunted growth in height which is called stunting.

Methods: This research is a type of literature review which will be summarized using the traditional review method. In this method, the scientific works to be reviewed are selected by the researchers themselves with the appropriate topic, namely the relationship between protein intake and the incidence of stunting in toddlers in Indonesia (literature study).

Results: There is a significant relationship between protein intake and the incidence of toddler stunting in Indonesia.

Conclusion: Based on a literature study that was conducted on seven journals, the conclusions obtained were that five journals stated that there was a relationship between protein intake and the incidence of toddler stunting and two journals stated that there was no relationship. Results and discussion of the causes of toddler stunting in Indonesia due to a lack of protein intake. It can be concluded that there is a relationship between protein intake and the incidence of under-five stunting in Indonesia.

Keywords: Protein Intake, Toddler Stunting