

ABSTRACT

NASJHWA AULIA HAKIKI. 2026. A Description of Nutrient Intake Levels Among Stunted Children Aged 0–59 Months in Kliran Hamlet, Bulukerto Village, Bumiaji District, Batu City. Scientific Paper. Health Polytechnic of the Ministry of Health, Malang. Supervisor: Sugeng Iwan Setyobudi, S.TP., M.Kes.

Stunting remains a significant chronic nutritional problem in Indonesia, with a national prevalence of 19.8% in 2024, approaching the World Health Organization (WHO) critical threshold of 20%. In Kliran Hamlet, Bulukerto Village, Batu City, the prevalence of stunting reached 16.3% at the hamlet level and 7.8% at the village level. This study aimed to assess the level of nutrient intake among children aged 0–59 months, including an analysis of nutritional status, breastfeeding practices, and the appropriateness of meal portions based on the “My Plate” (Isi Piringku) guidelines. The results showed that all 17 children were classified as stunted based on the height-for-age index, with 76.47% categorized as stunted and 23.5% as severely stunted. Exclusive breastfeeding practices were not optimal, as only 23.5% of children aged 12–23 months were still receiving breast milk. Most nutrient intake levels were categorized as severely deficient (76.2%), particularly for energy, fat, carbohydrates, and micronutrients such as iron, calcium, vitamin D, iodine, and selenium. Although protein intake reached 91.24% of the Recommended Dietary Allowance (RDA), energy deficiency caused protein to be utilized as an alternative energy source, thereby limiting its role in supporting growth. This study concludes that stunting in Kliran Hamlet is a multidimensional problem resulting from complex chronic nutritional deficiencies. Therefore, targeted nutrition education for mothers is needed, focusing on adequate energy and micronutrient intake, as well as the consistent implementation of the “My Plate” (Isi Piringku) guidelines.

Keywords: stunting; nutrient intake level; children under five; My Plate.