

ABSTRACT

Mutiara Al Khanza, 2024. Overview of Protein, Fibre, and Vitamin C Consumption Levels in Toddlers aged 1-5 years with Stunting in Wringinanom Village, Poncokusumo District, Malang Regency, Scientific Paper, Diploma 3 Nutrition Study Program, Politeknik Kesehatan Kemenkes Malang. Supervisor: Fifi Luthfiyah, SST, M.Kes. Stunting is a condition of chronic growth impairment in children due to long-term malnutrition, especially during the First 1,000 Days of Life (HPK) period, which is from the womb until the child is two years old. The main factors causing stunting include suboptimal parenting, limited household access to nutritious food, poor quality sanitation and clean water, and high rates of infectious diseases in children under five. Protein plays an important role in supporting child growth. Protein deficiency in stunted children not only results in impaired growth, but also increases the risk of muscle mass loss, susceptibility to fractures, and infections. While fiber contributes to digestive health and supports optimal nutritional absorption. In addition, vitamin C as an essential micronutrient also plays a role in preventing stunting through the formation of collagen that supports the growth of bones and body tissues. Based on these problems, this study aims to describe the level of protein, fibre and vitamin C consumption in toddlers aged 1-5 years with stunting in Wringinanom Village, Poncokusumo District, Malang Regency. The study used a qualitative approach. The results showed that the prevalence of stunting was higher in children aged 12-36 months (70%). Most toddlers (80%) experienced severe deficits in protein consumption, while 85% of toddlers had insufficient vitamin C intake. This study emphasises the importance of fulfilling macronutrients such as protein and micronutrients such as vitamin C to reduce stunting, as well as the need for nutrition education programmes to the community to support optimal growth of children. The results showed that most of the stunted toddlers were in the 12-36 month age group (70%), with a prevalence of very short and short nutritional status of 50% each. A total of 100% of the toddlers had a history of infectious diseases, and 65% were not exclusively breastfed. Protein consumption was severely deficient in 80% of the toddlers, while fibre consumption was deficient in all (100%), and 85% of the toddlers had a deficit in vitamin C consumption. Further research is recommended to collect more comprehensive data on the history of complementary feeding before six months of age, parental smoking habits, and household hygiene and sanitation conditions. Such data are expected to provide a more holistic understanding of the factors affecting toddler nutritional status and support more accurate stunting prevention strategies.

Keywords: Stunted toddlers, protein consumption level, fiber consumption level, vitamin c consumption level.