ABSTRACT

Overview of Complementary Feeding Practices among Children Aged 6–23 Months at Integrated Health Posts in the Working Area of Trauma Center Public Health Center in 2025

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Background : Appropriate complementary feeding is essential to meet the nutritional requirements of children aged 6–23 months. Inadequate feeding practices may increase the risk of nutritional deficiencies and impaired growth. This study aimed to describe complementary feeding practices and nutritional status among children aged 6–23 months in the catchment area of Trauma Center Public Health Center in 2025.

Objective : This study aimed to describe complementary feeding practices among children aged 6–23 months at Posyandu within the working area of Trauma Center Public Health Center in 2025, including complementary feeding practice categories, growth indicators, and the diversity of food components consumed.

Research Methods/ Implementation Methods : This descriptive study used secondary data from interviews on complementary feeding practices conducted by Trauma Center Public Health Center in 2025. Of 445 children aged 6–23 months in the study population, 342 had interview data available for analysis. The variables included children's characteristics, complementary feeding practices classified as good or poor, and nutritional status assessed using weight-for-age, length/height-for-age, and weight-for-length/height indicators. Data were analyzed descriptively and presented as frequencies and percentages.

Results : Among 342 children, 144 (42.1%) were from Simpang Tiga, 131 (38.3%) from Tani Aman, and 67 (19.6%) from Sengkotek. Most children were aged 13–23 months (69.6%). Complementary feeding practices were classified as good in 324 children (94.7%) and poor in 18 children (5.3%). Anthropometric assessments showed that 288 children (84.2%) had normal weight-for-age, 272 (79.5%) had normal length/height-for-age, and 286 (83.6%) had normal nutritional status based on weight-for-length/height.

Conclusion/Lesson Learned : Most children aged 6–23 months in the Trauma Center Public Health Center catchment area had complementary feeding practices classified as good and normal anthropometric nutritional status. Nevertheless, some children had suboptimal feeding practices or nutritional status outside the normal range. Strengthening complementary feeding education and regular growth monitoring remains important to support child nutrition.

Keyword : complementary feeding; infant and young child feeding; nutritional status; children aged 6–23 months; integrated health posts.