ABSTRACT

Complementary Food Dietary Diversity and Stunting among Children Aged 6-23 Months in Batu Putih, Indonesia

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Background : Stunting remains an important nutritional problem among children aged 6-23 months. In Batu Putih District, 137 cases of stunting were recorded in August 2026. Adequate complementary feeding, including dietary diversity, is essential to support optimal growth during this critical period. However, evidence regarding the association between dietary diversity and stunting remains inconsistent, highlighting the need for further evidence in local primary healthcare settings, including coastal communities.

Objective : This study aimed to examine the association between complementary food dietary diversity and stunting among children aged 6-23 months in the working area of UPTD Puskesmas Batu Putih.

Research Methods/ Implementation Methods : This quantitative cross-sectional study included 88 children aged 6-23 months selected through total sampling from the accessible population in the working area of UPTD Puskesmas Batu Putih on June 2026. Dietary diversity was assessed using the Minimum Dietary Diversity (MDD) indicator, while stunting was determined using length-for-age Z-scores (LAZ). The association was analyzed using the chi-square test, with prevalence ratios (PRs) and 95% confidence intervals (CIs) reported, with statistical significance set at $p<0.05$.

Results : Among 88 children, 15.9% were stunted and 69.3% met the MDD criterion. No statistically significant association was observed between dietary diversity and stunting (p=0.346; PR=1.694; 95% CI: 0.651-4.411).

Conclusion/Lesson Learned : Complementary food dietary diversity was not significantly associated with stunting among children aged 6-23 months in the working area of UPTD Puskesmas Batu Putih. The wide confidence interval indicates imprecision in the estimated association and warrants cautious interpretation.

Keyword : children aged 6-23 months; complementary feeding; dietary diversity; Minimum Dietary Diversity; stunting

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