

ISSN 2597- 6052DOI: <https://doi.org/10.56338/mppki.v7i7.5237>**MPPKI****Indonesian Health Promotion Publication
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The Indonesian Journal of Health Promotion****Review Articles****Open Access****Policy Brief Optimizing the First Thousand Days of Life (1000 HPK) Policy Program as an Effort to Prevent Stunting in Indonesia: Literature Review****Virgina Putri Sabila¹ *, Anita Rahmiwati², Nur Alam Fajar³**¹Postgraduate Program in Master of Science in Pubich Health, Faculty of Public Health Sciences, Sriwijaya University, Palembang, Indonesia | email virgina.putrisabila@gmail.com^{2,3}Lecturer Postgraduate Program in Master of Science in Pubich Health, Faculty of Public Health Sciences, Sriwijaya University, Palembang, Indonesia | email anita_rahmiwati@fkm.unsri.ac.id, nuralamfajar@fkm.unsri.ac.id* Corresponding Author: virgina.putrisabila@gmail.com**Abstract****Introduction:** 1000 HPK is a food insecure group which includes pregnant women, breastfeeding mothers and children under two years old. Thus, nutrition program policies are the focus of the 1000 HPK group in efforts to prevent stunting.**Objective:** The aim of this research was to carry out a literature review to determine the Policy Brief for Optimizing the First Thousand Days of Life (1000 HPK) Policy Program as an Effort to Prevent Stunting in Indonesia.**Method:** This research looked for journals used in the literature review, journals used in the literature review were obtained through international journal provider databases such as Google Scholar, PubMed, and Scince Direct. Researchers wrote appropriate keywords, namely 1000 HPK, stunting, and Policy Brief.**Result:** After conducting literature, the researcher obtained five articles that were relevant to the research topic, namely about 1000 HPK, stunting, and Policy Brief. Based on indicators, the 1000 HPK program has not yet reached the target in Indonesia, which is caused by the availability of human resources and infrastructure in implementing the 1000 HPK program at the Community Health Center which is still inadequate.**Conclusion:** Presidential Regulation number 42 of 2013 concerning the National Movement to Improve Nutrition was issued to support efforts to increase stakeholder participation and awareness in a planned and coordinated manner to accelerate nutritional improvements in the first 1000 days of life (1000 HPK) in efforts to accelerate nutritional improvements in the first 1000 days of life (1000 HPK) prevent stunting.**Keywords:** 1000 HPK; Stunting; Policy Brief

INTRODUCTION

The nutritional status of the first thousand days of life (1000 HPK), namely 270 days during pregnancy and 730 days during the first pregnancy of life, is a critical period because the impact is permanent and cannot be repaired. 1000 HPK is a food insecure group including pregnant women, breastfeeding mothers, and children under two years of age (1). In this way, the nutrition program policy becomes the focus of the 1000 HPK group in efforts to prevent stunting. Thus, the nutrition program policy became the focus of this 1000 HPK group. Since 2010, the international world has known the sun movement (Scaling Up Nutrition) and in Indonesia this effort was developed into the National Nutrition Awareness Movement to accelerate nutritional improvements in the first 1000 days of life (1000 HPK Movement) in an effort to prevent stunting. Specific indicators for assessing the achievement of specific nutritional interventions include protection of pregnant women against iron deficiency, folic acid, and chronic energy and protein deficiency (KEK), protection of protein adequacy in breastfeeding mothers, protection of children under two years of age, breast milk containing sufficient protein and nutrients. iron, and its treatment for diarrhea (2).

Stunting is one of the nutritional problems faced in the world, especially in poor and developing countries. Stunting is a problem because it is associated with an increased risk of death, suboptimal brain development resulting in delayed motor development and stunted mental growth (3). Several studies show the risks associated with stunting include decreased academic achievement, increased risk of obesity, greater susceptibility to non-communicable diseases, and increased risk of degenerative diseases. In the past 20 years, the handling of the stunting problem has been prolonged.

Indonesia is a country with a high burden of malnutrition, including stunting. Indonesia is in second place with the highest prevalence of stunting in the Southeast Asia region after Timor-Leste. The results of the 2018 Basic Health Research (Riskesdas) show that the prevalence of stunting in Indonesia has decreased to 30.8% from the previous 37.2%. However, this result remains above the reasonable threshold set by WHO, namely 20% for each country (4). Presidential Regulation on the National Movement for the Acceleration of Nutrition Improvement (Perpres) 42/2013 aims to save the first 1000 days of life (1000 HPK) and reduce stunting.

The results of the evaluation study of the "First 1000 Days of Life Stunting Prevention (HPK)" program concluded that the input elements for the 1000 HPK program can be said to be good knowledge where human resources in the fields of energy, nutrition and health promotion are adequate. Funding is sufficient and distributed well, facilities and infrastructure are adequate, the form of service is appropriate, and implementation is in accordance with existing SOPs (5). Based on the background above, researchers are interested in conducting research regarding the optimization of the 1000 HPK implementation program as an effort to prevent stunting in Indonesia.

METHOD

This research uses literature review, the journals used in the literature review were obtained through international journal provider databases such as Google Scholar, PubMed, and Science Direct. Researchers wrote appropriate keywords, namely 1000 HPK, stunting, and Policy Brief. The year limit used is ten years from 2019 to 2024.

Article selection begins with articles being identified followed by reviewing abstracts deemed appropriate to the topic being studied. There were 283 articles obtained. Next, screening was carried out according to the inclusion criteria and there were 5 articles that met the conditions set by the research criteria and variables.

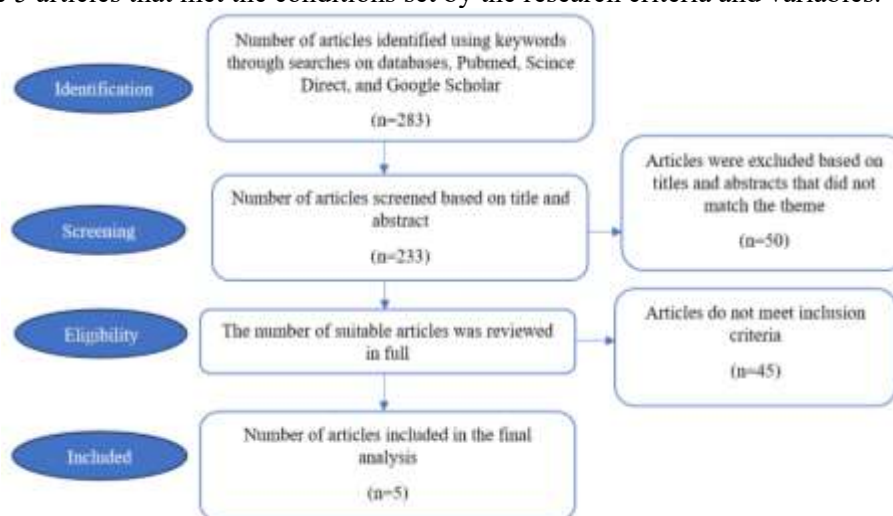


Figure 1. Article Selection Flow Diagram

RESULTS

After searching through Google Scholar, PubMed, and Scince Direct databases, researchers obtained five articles that were relevant to the research topic, namely about 1000 HPK, stunting, and Policy Brief. These results can be seen in table 1.

Table 1. Results of Literature Review articles

Title and Author	Study Design	Participants/Number of Samples	Research result
Analysis Of The 1000 HPK Program (First Day Of Life) Towards Effort To Reduce Stunting At The Bangkalan District Health Center/ Wardani, Harumi, and Sholikah (2023) (6)	Cross-Sectional	Data collection was carried out by in-depth interviews with 10 informants who were divided into 5 coordinating midwives and 5 nutrition practitioners who worked at the Bangkalan Regency Health Center as well as conducting FGD analysis on 5 Heads of Community Health Centers and 2 Section Heads of the Bangkalan District Health Service (Dinas Kesehatan Kabupaten). Bangkalan)	Researchers found that there were policies or regulations regarding the 1000 HPK Program and the Population Control and Family Planning Service-DPPKB) as policy holders. The source of funds from the Puskesmas operational funds is intended for malnourished toddlers, malnourished toddlers, and pregnant women with Chronic Energy Deficiency. The obstacle that occurs is that the ratio of health workers has not been able to optimally provide efforts to reduce stunting at the Bangkalan District Health Center. The results of the FGD analysis survey are that there is a 1000 HPK Program to Reduce Stunting in the Bangkalan Regency Community Health Center. Center and Department of Population Control and Family Planning-DPPKB) as policy holders.
Overview Of The First 1000 Days Of Life For Expectant Mothers And Toddlers Aged 0-2 Years In Gianyar Regency, Bali Indonesia/ Pradnyawati et al (2022) (7)	Cross-Sectional	From each selected census block, 5 pregnant women, 5 toddlers aged 0-1 years, and 5 toddlers aged 1-2 years were selected as samples using a simple random method from a total sample of 450 respondents.	The incidence of stunting in toddlers aged 1 year is 12% and in toddlers aged 2 years is 17% with a total figure of 19% in Gianyar Regency. Judging from gender, those who experience stunting are mostly women with a percentage of 20%. In the implementation of the first 1000 days of life, especially at the level of achievement of specific interventions, there were pregnant women who were exposed to cigarette smoke or as passive smokers with a percentage of 42%. At the level of achievement of sensitive indicators, especially the provision of clean water and sanitation, it was found that only 5.1% had access to clean water.
Analysis of the Implementation of Integrated Stunting Prevention and Control Policies in the 1000 HPK Movement Program at the Pagar Jati Community Health Center/ Rahmanda et al (2022) (8)	Cross-Sectional	The informants in this study were the Head of the Pagar Jati Community Health Center, Community Nutrition Coordinator, Maternal and Child Health Coordinator, Health Promotion Coordinator, health cadres, and mothers of toddlers.	The research results showed that the input element, namely the availability of human resources and infrastructure in implementing the 1000 HPK program at the Pagar Jati Community Health Center, was still inadequate. In the process, <i>antenatal care (ANC)</i> examinations were carried out well, while monitoring the growth of toddlers, providing immunizations, providing additional food and counseling on stunting were carried out quite well. In the output element, 8 out of 10 program achievement indicators have reached the target.

Evaluation of the Implementation of the 1000 HPK Program as an Effort to Prevent Stunting in Padang Panjang City/ Haninda et al (2023) (9)	Cross-Sectional	Informants were selected by purposive sampling of 10 informants. Data was analyzed based on information and answers provided by informants.	The results of the analysis showed that the implementation of the 1000 HPK program from all informants said it was running as it should. The conclusion from this is that the quantity and quality of human resources in carrying out the 1000 HPK program is sufficient and in accordance with their respective main duties and functions in accordance with the SOP that has been determined.
Policy for Saving the First 1000 Days of Life (1000 HPK) and Reducing <i>Stunting</i> in the City of Semarang/ S and Jati (2019) (10)	Cross-Sectional	The main informants were seven informants from city government agencies. Informant triangulation consisted of five informants from the city and sub-district levels. The research analysis uses the policy analysis triangle, namely content, context and process.	Research results based on the content of KIA regulations do not yet focus on 1000 HPK efforts and stunting. The contents of the MCH Regulations are more focused and dominant in regulating specific intervention efforts related to health services. Meanwhile, the non-health sector for sensitive interventions has not been widely regulated and included in regional regulations. Efforts to save 1000 HPK and stunting were found to have been discussed in the Regional Action Plan (RAD) study, but they have not been completed. In the political, economic and socio-cultural context, KIA regulations are not focused, not directly related, and do not involve all interventions to save 1,000 HPK and stunting. In the process, both were formulated and the evaluation of MCH regulations did not involve all sectors, including and evaluating sensitive and specific non-health interventions that resulted in 1000 HPK and stunting. The 1000 HPK policy and stunting reduction have been directed to the RAD study, but there has been no cross-sector coordination and stopover study at the Semarang City Regional Development Planning Agency.

DISCUSSION

Efforts to accelerate nutritional improvements are a global effort, not only for Indonesia but for all countries experiencing malnutrition problems. This initiative was launched by WHO in 2012. The goals that must be achieved to reduce the prevalence of stunting include: Reducing the prevalence of stunting and preventing wasting and obesity in children under 5 years of age. Reducing the prevalence of anemia in women of childbearing age thereby reducing its prevalence. The number of low birth weight (LBW) babies will decrease and the coverage of exclusive breastfeeding will be increased and stunting prevention will be achieved through optimizing the first thousand days of life (1000 HPK) (11). As a UN member country with a high prevalence of stunting, we are also committed to accelerating efforts to improve local nutrition through *Scaling Up Nutrition* (SUN). These efforts cannot be separated from long-term, medium-term and short-term plans based on statutory regulations stipulated by the Legislative Body.

In Indonesia, improving nutrition policy has transformed into a national movement for the first thousand days of life. Nutrition problems are multifactorial and varied, and their implementation requires cross-disciplinary participation. Research on the successful implementation of policies to reduce nutritional problems using various methods (systematic reviews, quantitative studies, semi-qualitative interviews, and problem tree analysis) provides information about policies to reduce nutritional problems throughout the world that are not easy to implement. There are at least eight variables of weakness that are still obstacles, including difficult coordination problems, policies that

are not strong enough, lack of interest from stakeholders, networks between stakeholders that are not strong enough, including cooperation systems whose enforcement power is still weak, there is no equal distribution of resources, human resources are limited, and budget availability is not guaranteed (12) .

Presidential Regulation number 42 of 2013 concerning the National Movement to Improve Nutrition was issued to support efforts to increase stakeholder participation and awareness in a planned and coordinated manner to accelerate nutritional improvements in the first 1000 days of life (1000 HPK) in efforts to prevent stunting. Thus, policy support for instruments to accelerate nutrition improvement is quite complete, and requires implementation efforts that are organized and can be applied at every level by every element involved. With the issuance of this Presidential Decree, more concrete efforts are needed with a focus on 1000 HPK. Thus, serious efforts are needed to address the nutritional problem of stunting at an early age, even in the first 1000 days of life as a golden period in preventing stunting growth. Non-optimal growth during the fetal period and/or during the 1000 HPK period has long-term impacts. If external factors (after birth) are not supportive, stunted growth can become permanent as a short teenager (13) .

Based on the results of article reviews conducted by Wardani, Harumi, and Sholikah (2023), Pradnyawati et al (2022), Rahmanda et al (2022), Haninda et al (2023) indicators that the 1000 HPK program has not yet been achieved, which has not yet reached the target in Indonesia, is caused by the availability of human resources and infrastructure in implementing the 1000 HPK program at the Community Health Centers which is still inadequate. Meanwhile, research conducted by S and Jati (2018) Research results based on the content of KIA regulations do not yet focus on 1000 HPK efforts and stunting. In the process, both were formulated and the evaluation of MCH regulations did not involve all sectors, including and evaluating sensitive and specific non-health interventions that resulted in 1000 HPK and stunting. The success of the First 1000 Days of Life (HPK) Program can be measured from various aspects, including reducing the stunting rate. If the program is successful, the stunting rate in a region or country will decrease significantly. This suggests that children get adequate nutrition during their first 1000 days of life. Government involvement and support in the success of the program also depends on full involvement and support from the government as well as adequate budget allocation to support the implementation of this program.

CONCLUSION

Presidential Regulation number 42 of 2013 concerning the National Movement to Improve Nutrition was issued to support efforts to increase stakeholder participation and awareness in a planned and coordinated manner to accelerate nutritional improvements in the first 1000 days of life (1000 HPK) in efforts to prevent stunting. Based on indicators, the 1000 HPK program has not yet reached the target in Indonesia, which is caused by the availability of human resources and infrastructure in implementing the 1000 HPK program at the Community Health Center which is still inadequate. In the future will ensure more equitable coverage of the stunting.

SUGGESTION

The Ministry of Health needs to overhaul current health services accordingly with indicators that are still lacking by preparing a budget for improvement infrastructure, training and health promotion activities related to 1000 HPK services to ensure that health services for children and pregnant women can be provided optimally in efforts to overcome stunting, and that human resources are available at community health centers.

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