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Empowering Posyandu Cadres in Stunting Prevention

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ABSTRACT

Introduction: Stunting is a condition of nutritional status based on length or height according to age with a Z-score value of less than -2 SD. Indonesia has set a target for achieving stunting incidence by 2024 at 14%. Meanwhile, the prevalence of stunting in 2022 is 21.6%, this figure is still very high from the target set by the government. Therefore, accelerated efforts to reduce stunting are urgently needed. There are various ways that can be done, one of which is utilizing the active role of posyandu cadres to work together to reduce the incidence of stunting.

Objective: This research aims to determine the role of posyandu cadres in overcoming stunting incidents

Method: This research was conducted in April 2024 by collecting academic journals obtained from Google Scholar related to empowering posyandu cadres and preventing stunting in Indonesia.

Result : Based on the search, 13 articles were selected that met the requirements and will be discussed in this research, with a community service research design as an effort to empower posyandu cadres.

Conclusion : Empowerment of posyandu cadres is carried out using various models starting from counseling, direct practice of measuring weighing equipment and the height of toddlers, making MPASI from local ingredients which has an effect on increasing the ability and skills of posyandu cadres to carry out early detection of stunting and provide early treatment for stunting. There is a need for a more systematic and orderly empowerment program for posyandu cadres to control the incidence of stunting among toddlers in Indonesia.

Keywords : Stunting; Empowerment of Posyandu Cadres; Toddler

INTRODUCTION

The World Health Organization (WHO) in 2020 explained that one of the main problems in population order is nutritional problems in children under five, such as stunting, wasting and overweight. Indonesia as a developing country place this nutritional problem as a complex and urgent matter that needs to be addressed immediately. (1) Stunting is a problem of chronic malnutrition due to a lack of nutritional intake that lasts from the womb until the first 1000 days of birth. According to the global reference applied by WHO, stunting or also commonly called stunting (short) is assessed from body length or height according to age of less than -2 SD. (2) Stunting is influenced by many factors such as socio-economic conditions, nutritional intake from food, status. maternal nutrition during pregnancy up to the first 1000 days of birth, infectious diseases, micronutrient deficiencies, and the environment. (3)

Stunting is designated as a global nutritional problem that must be addressed immediately and becomes the main focus of the target improving nutrition until 2025 and implemented throughout the world. The limit for stunting prevalence set by WHO for a region is 20%. The number of stunting cases in the world in 2021 according to WHO is 149.2 million children or 22%. Meanwhile, the incidence of stunting in Indonesia according to the Indonesian Nutrition Status Study (SSGI) in 2022 is 21.6% and ranks fifth in the world and second in ASEAN after East Leste. This figure has decreased from the previous year, namely 24.4% in 2021. (4)

Stunting has a very significant long- and short-term impact on toddlers and children. One of the impacts that is very clear and is generally found in stunting sufferers is that their height is not the same compared to children their age because they tend to be shorter. In addition, children who suffer from stunting experience delays in the thinking process due to decreased cognitive function and will have lower immune power so they are susceptible to disease. The health of children and adults in stunting sufferers is greatly affected. The first 1000 days of birth are a very crucial period and can be used to provide optimal nutrition to maximize children's growth and development and avoid stunting. (4)

The 2020-2024 RPJMN has established national development priorities which focus on handling stunting cases. The government has set a target for the stunting incidence rate to be reduced to 14% by 2024. The government is making maximum efforts by providing various programs to reduce these cases. The government seeks to provide specific nutrition interventions by directly reducing and preventing disorders and sensitive nutrition interventions by reducing indirect impacts (2)

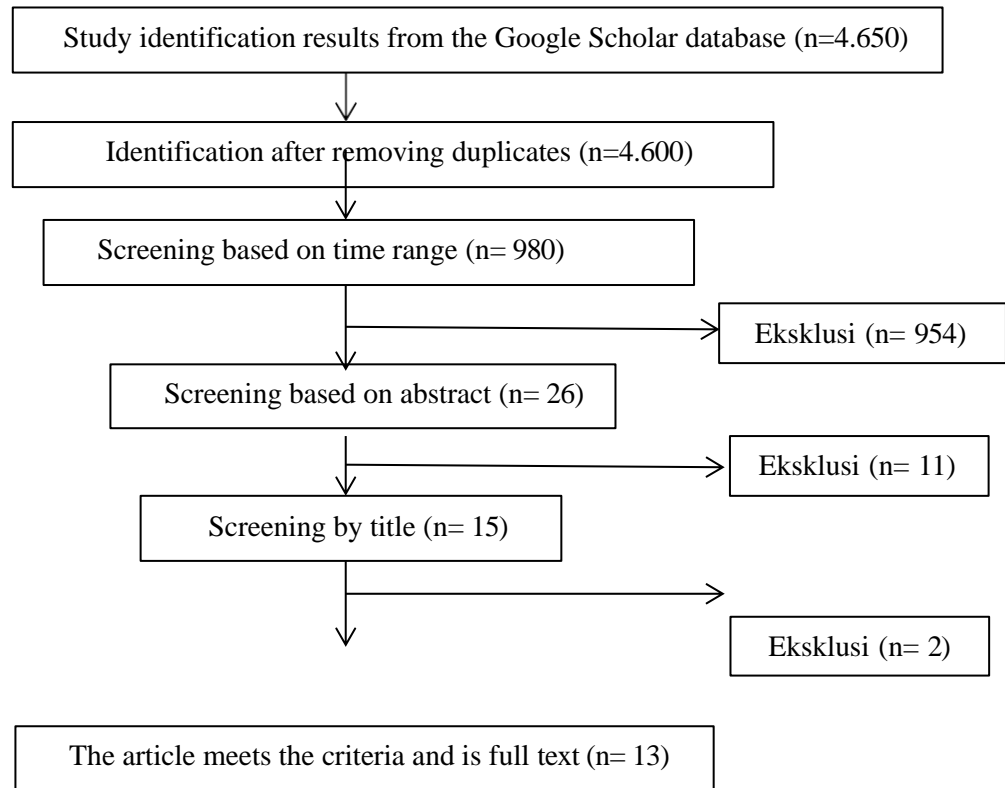
Efforts to prevent stunting really require awareness and cooperation from various parties because this is a shared responsibility. In the process, many obstacles were faced, such as different geographical conditions, causing problems in conveying information, which was sometimes late and interrupted. The Ministry of Health's vision in terms of utilizing posyandu to overcome stunting is an effort to create a healthy society that is independent and fair and with a mission to improve the level of public health, through community empowerment, including the private sector and civil society. In its implementation, Posyandu is carried out by, from and with the community and is a form of Community Resource Health Effort (UKBM) to facilitate and empower the community in accessing health services. Posyandu sets the community as the target for stunting management targets for specific nutritional interventions. The services provided range from pregnant women, postpartum and breastfeeding mothers, babies and toddlers. The scope of services provided includes monitoring MCH, vitamin A capsules and worming medication given to children, as well as providing additional food (PMT), to KIE using contraceptives or family planning. In carrying out its duties, the posyandu is assisted by recruited cadre officers (5).

Posyandu cadres really try to prevent stunting in children because they are the front guard who have direct contact with children, toddlers and pregnant women at the posyandu and in the community. Several regions in Indonesia show that the level of activity and program targets of posyandu cadres in developing public health is quite high. Amir's research in Bolaang Mongondow shows that the amount of effort from posyandu cadres, namely 79.5%, can have an impact on improving nutritional status by 92.3%. Therefore, posyandu cadres need to improve their skills and performance by direct empowerment so that knowledge about the importance of optimizing nutritional status in toddlers can help the government reduce the incidence of stunting. (6)

As an effort to empower posyandu cadres, various references from various studies are needed that provide the background to the role of posyandu cadres in preventing stunting. Therefore, research that provides comprehensive data regarding the empowerment of cadres in preventing stunting is urgently needed, in order to provide benefits to the government and health workers in making policies regarding stunting prevention through more precise and efficient empowerment of posyandu cadres. This literature review research aims to comprehensively interpret data from published research results. This research aims to identify efforts to empower posyandu cadres in preventing stunting.

METHOD

The method used in this research is a literature review whose preparation is based on the Preferred Reporting Items for Systematic Reviews and MetaAnalyses (PRISMA). The database used to search for articles was Google Scholar using the keywords "role of posyandu cadres", "stunting prevention", and "under five". Before determining keywords, first identify the PICOS Framework, namely P: Toddlers in Indonesia, I: Empowerment of posyandu cadres, C: -, O: Stunting prevention, S: literature review. The articles used are national articles published in 2020-2024. Articles that are paid, textbooks, or use languages other than Indonesian will be excluded.



RESULTS

After searching the Google Scholar database based on the predetermined inclusion and exclusion criteria, 13 journals were obtained which will be used in this research.

Table 1 Article Review Results

No	Nama Penulis	Judul	Metode	Hasil
1.	(Has et al., 2021)	Empowerment of posyandu cadres in the stunting prevention program for toddlers during the COVID-19 pandemic	Devotion to society in the form of socialization	Posyandu cadres better understand and gain more knowledge about stunting prevention counseling as well as safe, comfortable and effective educational methods during the Covid-19 Pandemic..
2.	(Astika et al., 2021)	Empowerment of Posyandu Cadres in Fortification Organic Food Based on Local Food as an Effort to Prevention of Stunting in Toddlers	Devotion to community in the form of education and improving cadre skills posyandu in locally based organic food fortification.	There was a significant increase in the knowledge of posyandu cadres (p-value= 0.001), namely from 67.1 to 80.4

3.	(Rohmayanti et al., 2022)	Empowerment of Posyandu Cadres in Efforts to Prevent Stunting in Tembelang Village, Candimulyo, Magelang	Devotion to method society Participatory Rural Appraisal (PRA)	The increase in cadre knowledge from the average pre-test score was 8.35, while the post-test score increased to 8.92. The increase in cadre capabilities can be seen through observations when assisting cadres in early detection of stunting.
4.	(Lestari & Rusni, 2022)	Empowerment of Posyandu Cadres in Preventing Stunting During the Covid-19 Pandemic in Banjar Baturiti Tengah, Baturiti Village, Kerambitan, Tabanan	Providing education, skills mentoring training, and training in using anthropometric tools	The skills of Posyandu cadres have increased from the results of observations in providing stunting prevention so that education can build community behavior in preventing stunting.
5.	(Adhi et al., 2021)	Empowerment of Posyandu Cadres in Preventing Stunting Through the Implementation of Optimal Complementary Food Promotion (MP-ASI) Practices	Devotion to society in the form of giving lectures on optimal MPASI	The results of the evaluation using observation sheets on the implementation of posyandu activities in Abuan Village, show that posyandu cadres have put into practice the knowledge and skills acquired while participating in community service activities.
6.	(Ariani, 2021)	Empowerment and Increasing Knowledge of Posyandu Cadres in Stunting Prevention	Community service activities are carried out by providing information with counseling about stunting to posyandu cadres.	The results of this community service activity have a positive impact on posyandu cadres and mothers who have babies and toddlers as activity participants, where after this activity posyandu cadres will create regular outreach programs for mothers with babies and toddlers, prospective mothers and to society.
7.	(Hertati et al., 2023)	Empowerment of Posyandu Cadres in Efforts to Prevent Stunting in Pabean Village, Probolinggo Regency	Community service using an outreach approach and the practice of creating innovations Supplementary Food (PMT) made from local food.	Empowering cadres Posyandu through developing knowledge regarding stunting prevention and education on feeding toddlers as well as providing skills for Posyandu cadres in utilizing local food sources to become a new innovation in Providing Supplementary Food (PMT) in the form of Kurisi Fish Nuggets to encourage the hobby movement. eating fish in toddlers.

8.	(Madiuw et al., 2023)	Optimizing the Empowerment of Posyandu Cadres in efforts to prevent stunting in Kudamati sub-district	Devotion to community with outreach methods.	The results of this service are an increase in post-test knowledge by 95.4% and an increase in skills in filling out the SIDIK SIAMA instrument for all posyandu cadres.
9.	(Magdalena Sitorus et al., 2022)	Empowerment of Posyandu Cadres and Mothers in Prevention and Early Detection of Stunting in Baduta	Service by providing pre and post tests to determine cadres' knowledge, presentation of material stunting using leaflet media, observing cadres' skills in measuring body length and filling in charts growth to determine nutritional status	As a result of this activity, there was an increase in the average knowledge value, namely before the presentation of the cadre knowledge material it was less than 83.3% to 100% with good knowledge and an increase in the average value of cadre skills, namely before the cadre skills intervention it was less than 100%, after the cadre skills intervention good 100%, and there was an increase in the average value of mother's knowledge before the presentation of the material, the mother's knowledge was less than 66.7%, after the presentation of the material, the mother's knowledge was good, 80%.
10.	Karwati,I., herwina,w., laksono, b.a., hamdan, A	Empowerment of posyandu cadres in stunting prevention and control programs through community nutrition development	Community Service Activities carried out include coordination activities, outreach, formation of stunting cadres from existing posyandu cadres, training in early detection of stunting	The results of this activity show an increase in the knowledge and skills of stunting cadres in overcoming and preventing stunting
11.	Kamalia, N.A., Hidayati,N., Nugrahani, R., Na'sama, B.T., Laeli, I., Pahesti, P & Mariska,S	Empowerment of Posyandu Cadres in Efforts to Prevent and Control Stunting Based on Local Wisdom in the Working Area of the Sesela Health Center, West Lombok Regency	In this activity, the PKM TEAM provided refresher knowledge about precise anthropometric measurements, training on early detection of baby growth and development through KPSP and DDST, as well as training on filling out KMS.	This service activity increases the knowledge and skills of stunting prevention and control cadres
12.	Budiastuti, R.F., Sabila, A., Yuwanda, A., Zhafira, B., Dkk	Efforts to Improve the Nutritional Status of Toddlers to Prevent Stunting by Empowering Posyandu Cadres with Nutraceuticals from Moringa Leaves (Moringa Oleifera)	Devotion : devotional activities to This community service is implemented together with Posyandu Cadre partners with the following stages: 1. Related education stunting and the use of	The results obtained from the beginner community service activities (PMP) can be seen from the results of the independent t-test statistical test, showing that there is a significant influence of education on the level of knowledge about stunting and nutritional fulfillment for

			Moringa leaves as a nutraceutical	toddlers in Flamboyan posyandu cadres (2-tailed sig < 0.050).
			2. Utilization of Moringa oleifera as a Nutraceutical Product and its distribution to Flamboyan Posyandu Toddlers	
13.	Noval., Malahayati, S., Salmarini, D.D., Mayna., Ramadhan, P.W., Dkk	Empowerment of Internal Posyandu Cadres Making Yellow Pumpkin Herbal Nutraceutical Products as an Effort to Prevent and Control Stunting in Sungai Lulut Village	Service : This activity provides education regarding Herbal Nutraceutical Products, Training on Making Herbal Nutraceutical Products in the Form of Biscuits and Gummy Candy from Yellow Pumpkin.	Educational activities on herbal nutraceutical products for cadres resulted in an average increase in scores of 6.67. Then we continued with the manufacture of herbal nutraceutical products in the form of biscuits and gummy candy from pumpkin, resulting in an average increase in value of 10.39.

DISCUSSION

Stunting is a condition of nutritional status based on length or height according to age with a Z-score value of less than -2 SD. Stunting can have short-term impacts such as interference with brain development, physical growth, body metabolism and intelligence. Meanwhile, the long-term impacts of stunting include decreased immunity, making it vulnerable to diseases including diabetes, obesity, cardiovascular disease, cancer, stroke and disability in old age. It not only has an impact on individuals, but also on nation building. Based on World Bank research results, losses due to stunting reach 3-11% of Gross Domestic Income. The 2015 GDP value was 11,000 trillion rupiah, economic losses due to stunting in Indonesia are estimated to reach 300 trillion-1,210 trillion rupiah per year. (20)

In 2024, the target for stunting prevalence that must be achieved is 14%. Meanwhile, in 2022 the incidence rate will be 21.6%, which is still relatively high compared to the 2024 target. Based on this, efforts to accelerate stunting reduction are urgently needed, namely by involving the active participation of posyandu health cadres. Based on Presidential Decree No. 72 of 2021 regarding the Acceleration of Stunting Reduction, cadres are part of the stunting acceleration team at the village/sub-district level. (21)

Health promotion is one of the efforts made to empower people to maintain, improve and protect their health. Posyandu is one of the community activity resources carried out by, from and with the community to make it easier to obtain health services for mothers, babies and toddlers. In this case, there are posyandu cadres who have a role in implementing the posyandu as distributors of health information to the community, as motivators for the community to attend the posyandu and provide examples of clean and healthy living behavior. (22)

Posyandu cadres are community members who are willing, able and have the time to organize Posyandu activities voluntarily. In the effort to empower cadres, the aim is that cadres can overcome health problems that occur and can carry out initial treatment or respond quickly and appropriately to problems that occur. These efforts are also synergized through the involvement of cadres in implementing the stunting program. (21)

The cadre's duties related to nutrition technically are collecting data on toddlers, weighing and recording Healthy Cards (KMS), providing additional food, distributing vitamin A, providing nutritional education and visiting the homes of mothers who are breastfeeding and those with toddlers. With the existence of cadres, it is hoped that they will play an active role and be able to become drivers, motivators and community instructors. Apart from that, it is also hoped that it will be a bridge between health officers/experts and the community and identify and face/answer their own health needs. Cadres can help mobilize community resources, advocate for the community and build local capacity (7).

Efforts to increase knowledge and develop cadres are carried out through lectures, discussions, small group discussions, simulations, accompanied by continuous coaching and monitoring of posyandu activities by local health centers in order to optimize posyandu cadres in each of their activities. With these efforts, cadres can know more about balanced nutrition, early detection of stunting, and the important role of posyandu cadres in optimizing 1000 HPK and identifying risk factors that cause stunting in posyandu work areas (8)

Empowering posyandu cadres can be done in various ways, one of which is counseling about stunting in the form of a lecture method or interactive dialogue in the form of questions and answers and providing a stunting pocket book. Emodemo (Emotional Demonstration) activities related to MP-ASI processing procedures are also an alternative to preventing stunting in toddlers. Apart from that, training posyandu cadres in using weighing tools and height/length of toddlers can help with more precise results of checking toddler growth so that early detection of stunting can be more accurate. (14) Other research also shows that there is an increase in cadres' abilities after training in anthropometric measurements for early detection of stunting. (15) Another effort to empower posyandu cadres is education regarding appropriate and safe MP-ASI. This training increases cadres' knowledge to provide education regarding appropriate and

safe MP-ASI. (12)

The effect of empowering posyandu cadres on increasing cadre knowledge makes cadres more skilled in early detection of stunting, including measuring the length or height of toddlers, being able to provide specific nutritional interventions to prevent stunting, and being able to provide early treatment for stunting in toddlers. Cadres with a good level of stunting knowledge can be more confident and motivated to support mothers of toddlers in achieving balanced nutrition. (9) Increasing the capacity of cadres in Cipacing Jatinangor Village shows that cadre knowledge is increasing with the training provided. With the training, cadres will know about balanced nutrition, early detection of stunting, as well as education regarding the optimization of 1000 HPK. Cadre knowledge can influence cadre skills in early detection of stunting and carrying out initial treatment if stunting occurs. (15)

Improving the skills of posyandu cadres in other research using the SIDIK SIAMA instrument. With this instrument, it is hoped that cadres can help pregnant women detect the risk of stunting since pregnancy. (14) Apart from that, communication and mobilization of posyandu cadres also have an impact on preventing stunting. The more communicative and active posyandu cadres can optimize stunting prevention.(6)

Collaboration is carried out by health workers, posyandu cadres and village stakeholders by utilizing good communication in disseminating information related to stunting prevention. However, several studies indicate that cadre knowledge and skills do not always increase simultaneously, it is necessary to pay attention to other confounding factors that can interfere with data analysis. This is because, many people also gain increased knowledge and skills simultaneously with the training and mentoring of posyandu cadres. The success of training and mentoring of posyandu cadres is also influenced by the frequency and intensity of training and empowerment programs provided to posyandu cadres. (20)

CONCLUSION

Empowerment of posyandu cadres is carried out using various models, starting from counseling, direct practice in measuring weighing equipment and the height of toddlers, making MPASI from local ingredients which has an impact on increasing the ability and skills of posyandu cadres to carry out early detection of stunting and provide early treatment for stunting. There is a need for a more systematic and orderly empowerment program for posyandu cadres to control the incidence of stunting among toddlers in Indonesia.

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