

## Viewpoint

## Framework for Specific and Sensitive of Cultural Interventions for Management Stunting Children: A Viewpoint

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## Introduction

Stunting is a chronic condition that affects children's growth due to long-term nutritional deficiencies and recurring infections. In Indonesia, the prevalence of stunting remains high, reaching 21.6% in 2022 according to the Indonesian nutrition status survey (SSGI). Programs related to stunting prevention have been implemented but have not demonstrated adequate effectiveness and have not been widely disseminated [1]. A study by the World Bank and the Ministry of Health showed that the majority of pregnant women and children under two years of age (toddlers) do not have adequate access to basic services. The prevalence of toddlers who have access to four basic services (birth certificates, drinking water, sanitation, and exclusive breastfeeding) is 28.7%, while access to eight services is less than 0.1% of toddlers [2, 3]. Children's growth and development are highly dependent on access to specific and sensitive nutritional interventions, especially during the first 1,000 days of life. This highlights the need for comprehensive and contextually relevant interventions.

Specific nutritional interventions are efforts to address the factors that cause stunting, namely the fulfillment of food and nutritional intake, improving feeding practices, enhancing care and parenting patterns, and treating infections and diseases that contribute to stunting. Three groups of nutritional interventions can be implemented: Priority interventions that target the main causes of stunting prevention, supporting interventions that focus on nutritional and health problems related to stunting after priority interventions, and priority interventions that are adjusted to special conditions, including emergency situations, such as disasters, which require emergency nutrition programs [2].

Sensitive intervention programs and activities were adjusted to the needs and conditions of the local community. Sensitive intervention programs and activities are tailored to the needs and conditions of the local community. Sensitive nutrition interventions include food security (increasing access to and the quality of nutrition and health services), increasing access to nutritious food, raising awareness, commitment, and practices regarding maternal and child nutrition care, and enhancing the provision of clean water, drinking water, and sanitation facilities. The targets of sensitive nutrition interventions are families and the general public [2].

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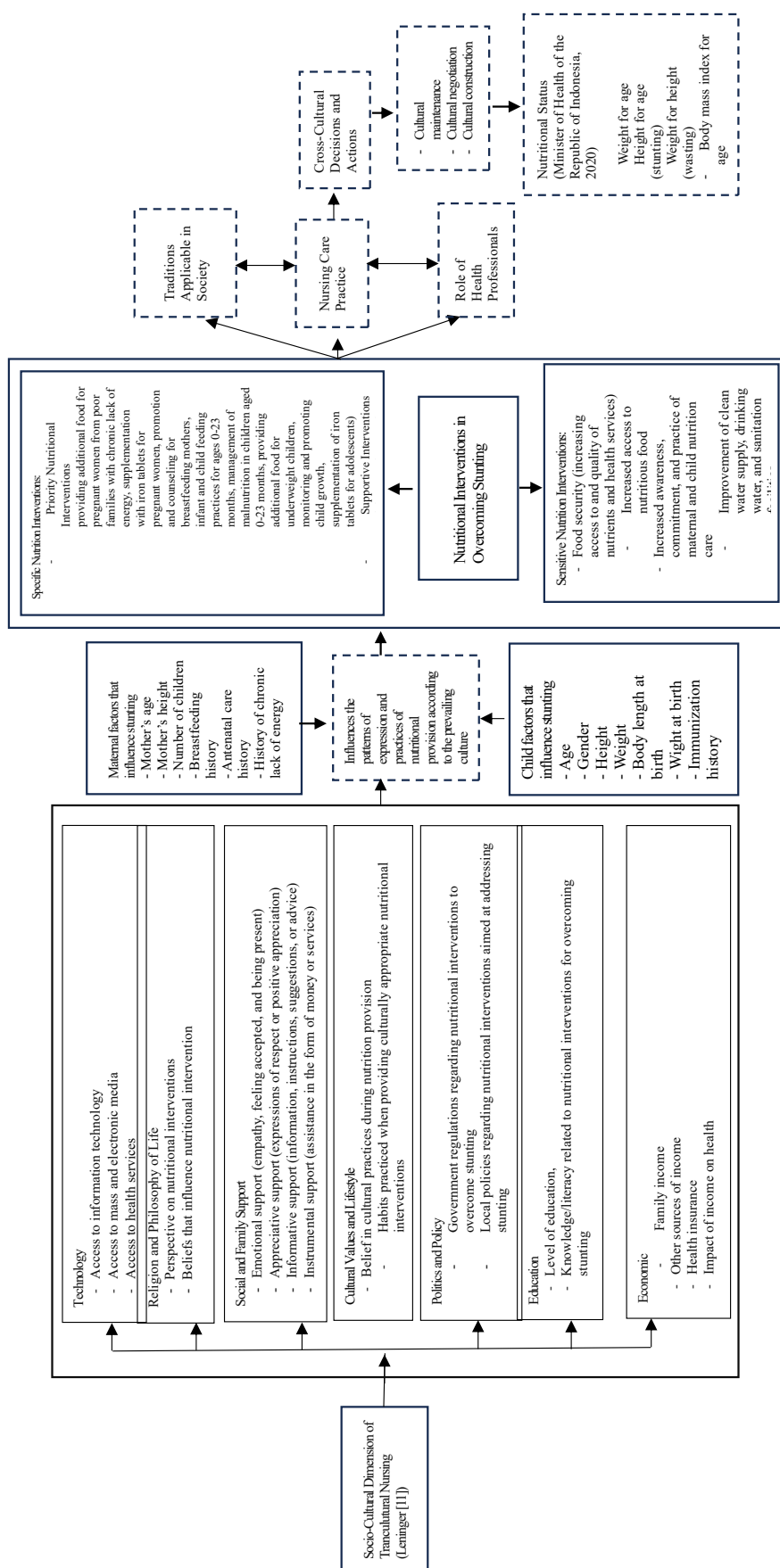


Figure 1. Framework titled "modelling specific and sensitive nutrition interventions based on transcultural nursing to manage of children with stunting"

The integration of specific and sensitive nutrition interventions, including planning, budgeting, implementation, monitoring, and evaluation, has not yet been realized. Stunting control programs face challenges, including a lack of resources in health centers and community misconceptions regarding immunization [4]. One of the main factors inhibiting the implementation of stunting management programs is the lack of public knowledge about the dangers of stunting and the perception that stunting is caused by inherited or genetic factors [5]. Another study [6] stated that community behavior related to stunting includes specific and sensitive nutritional interventions, such as meeting nutritional needs since pregnancy, providing exclusive breastfeeding, providing complementary foods, monitoring child growth, and maintaining environmental cleanliness. The results of other studies [7, 8] show that factors, such as attitudes, norms, gender, social support, lifestyle, stress, and maternal depression, have a significant relationship with childcare practices and the provision of specific nutritional interventions. The development of nutritional interventions tailored to the socio-cultural context and ongoing evaluation of these interventions are needed [9]. To bridge this gap, it is essential to adopt a culturally responsive approach by integrating the principles of transcultural nursing.

Leininger states that culture comprises the values, beliefs, norms, and ways of life that are learned, shared, and transmitted within a particular group, guiding their thoughts, decisions, and actions in a consistent pattern [10]. Cultural care is defined as the subjectively and objectively learned values, beliefs, and ways of life that are transmitted to help, support, facilitate, or enable individuals or other groups to maintain their well-being, improve their human condition, or cope with illness, disability, and death [11].

Transcultural nursing plays an important role in addressing stunting in Indonesia by understanding and adapting community customs, values, and beliefs, so that health interventions are more effective and accepted. Factors, such as pregnant women's diets, exclusive breastfeeding, complementary foods, and community perspectives on stunting, greatly influence prevention and management efforts. This approach highlights how culture influences community understanding and habits related to health, which directly affects children's nutritional status. A deep understanding of cultural factors is key to designing effective and relevant interventions, such as respecting local cultural beliefs and practices, which can strengthen the relationship between nurses and families, thereby increasing the acceptance and

sustainability of intervention programs [12]. Nurses can develop strategies in accordance with local values and norms to increase access and acceptance of health services, including nutrition programs to prevent stunting [11]. Cultural factors that contribute to stunting and health policies can be designed and implemented by considering local social, cultural, and economic contexts [13]. A holistic and culture-based approach is key to preventing and addressing stunting in children [14]. Figure 1 describes the framework titled "modeling specific and sensitive nutrition interventions based on transcultural nursing to address stunting".

## Conclusion

Integrating specific and sensitive nutritional interventions through a transcultural nursing framework offers a more comprehensive approach to addressing stunting in Indonesia, moving beyond previous studies that focused on individual interventions. Culture plays both a direct and indirect role in stunting, influencing practices within families, communities, and organizations. By combining these interventions with cultural sensitivity, this model aims to accelerate stunting reduction and contribute to the achievement of sustainable development goals (SDG) nutrition goals. A culturally informed approach to nutritional interventions is crucial, and further studies are needed to refine and develop this model. Additionally, enhancing training for healthcare workers and fostering stronger collaboration between the government and community organizations is essential to ensure the sustainability and effectiveness of stunting prevention programs.

## Ethical Considerations

### Compliance with ethical guidelines

There were no ethical considerations to be considered in this research.

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### Authors' contributions

Conceptualization, supervision, and writing the original draft: All authors; Data extraction: Siti Marina Wiasuti; Review and editing: Tantut Susanto.

### Conflict of interest

The authors declared no conflict of interest.

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