

Effectiveness of Providing Supplementary Food for Stunted Toddlers in Indonesia: A Literature Review

Paskalinda Maria Yosefa Bandur^{1*}, Junita Putriawan Madur²

^{1,2}Undergraduate Midwifery Study Program, Faculty of Health Sciences, Catholic University of Santu Paulus Ruteng, Jl. A. Yani No. 10, Ruteng Manggarai, East Nusa Tenggara Province, Indonesia, 86511

*Corresponding email: bandurpaskalindamariayosefa@gmail.com

ABSTRACT

Stunting is a global nutritional issue and remains a significant health challenge in Indonesia. Although the prevalence of stunting in Indonesia has shown a downward trend, it has not yet met the national target. The Indonesian government has implemented various programs to prevent stunting, including the provision of supplementary food for stunted toddlers. This study aims to assess the effectiveness of supplementary food interventions for stunted toddlers in Indonesia. The research design is a literature review, with articles sourced from the PubMed and Google Scholar databases using the PRISMA method. Articles selected met predefined inclusion and exclusion criteria, resulting in a total of 10 journal articles published between 2020 and 2024. The results indicated that 9 articles reported improvements in height and weight among stunted toddlers following the intervention, suggesting that supplementary food is an effective measure. One article reported that the provision of supplementary food did not significantly increase height. The types of supplementary food used included both instant products and those made from local ingredients. The conclusion indicates that supplementary feeding programs in Indonesia have been implemented effectively.

Keywords: Indonesia, Stunting, Supplementary Food

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INTRODUCTION

Stunting is a global health issue that has recently received considerable attention across various countries. It is measured by a height-for-age z-score more than two standard deviations below the World Health Organization (WHO) Child Growth Standards median, indicating a restriction in a child's potential growth (1) (2). Stunting refers to impaired physical growth in children due to long-term malnutrition, typically occurring during early childhood. It not only affects physical health but also has adverse impacts on cognitive development and future productivity, posing long-term implications for the quality of a nation's human resources (3). Stunting has long-term

consequences at both individual and societal levels, including impaired cognitive and physical development, reduced productivity, poor health outcomes, and an increased risk of chronic diseases such as diabetes (2).

Globally, stunting prevalence in Southeast Asia has shown a declining trend, from 41.5% in 2010 to 30.1% in 2022. In Indonesia, a significant reduction has also been observed. According to the Indonesian Nutritional Status Survey (SSGI), stunting rates have declined over several consecutive years: 27.7% (2019), 24.4% (2021), and 21.6% (2022) (4). This decline is further supported by the 2023 Indonesian Health Survey (SKI), which reported a stunting prevalence of 18.3% among

children under two years, with the highest prevalence (26.2%) found in children aged 24–35 months (5). However, despite this progress, the current rate still falls short of the 2020–2024 National Medium-Term Development Plan (RPJMN) target of 14% by 2024 (5).

Stunting is a complex growth disorder in children, resulting from various factors, including economic status, maternal education, maternal height, exclusive breastfeeding, child's age, and low birth weight (LBW). According to the nutrition problem framework, addressing stunting requires interventions targeting both the direct and indirect causes of malnutrition (3) (6). Direct causes include inadequate dietary intake and infectious diseases, while indirect causes encompass broader determinants such as food security, infant and child feeding practices, sanitation, education, healthcare availability, and living environment conditions.

These indirect factors influence the nutritional intake and overall health of both mothers and children. Furthermore, these causes are shaped by broader socio-economic factors, including income inequality, economic disparity, trade policies, urbanization, globalization, food systems, social protection, health infrastructure, agricultural development, and women's empowerment (7).

According to the WHO, stunting has both short- and long-term effects. In the short term, it increases risks of mortality, morbidity, weakened immunity, and suboptimal cognitive, motor, and verbal development (8). In the long term, stunting contributes to reduced adult height, increased vulnerability to obesity and chronic diseases, poor reproductive health, and

lower academic and work performance. Children affected by stunting, especially those with iodine and iron deficiencies, may experience irreversible brain damage that limits their developmental potential. As adults, they are more likely to be shorter, experience chronic illness, achieve lower educational levels, and earn less income (3)(9).

Stunting is a multifactorial issue that cannot be addressed through a single nutritional intervention. Instead, it requires a combination of coordinated nutrition-specific and nutrition-sensitive interventions across both health and non-health sectors (10). In response to the severe consequences of stunting, governments worldwide have implemented various programs aimed at its prevention and management. WHO has recommended several strategies, which have been adopted by many countries, including Indonesia.

Indonesia's government has launched numerous programs in line with WHO guidelines, encompassing both nutrition-specific interventions (addressing direct causes of stunting) and nutrition-sensitive interventions (addressing underlying and indirect causes). Nutrition-sensitive strategies include improving access to nutritious foods, increasing awareness of maternal and child nutrition, enhancing healthcare services, and ensuring access to clean water and sanitation. Nutrition-specific approaches aim to ensure sufficient food intake, proper feeding practices, appropriate maternal and child care, and treatment of infectious diseases (11).

One such intervention targeting stunted toddlers is the provision of supplementary food. Nutrition education and the provision of supplementary feeding for pregnant women and young children are crucial strategies in addressing nutritional issues. The

Provision of Supplementary Food is designed to meet the nutritional needs of undernourished children and support their optimal growth. Various studies have shown that providing additional food interventions significantly contribute to improving children's nutritional status and preventing stunting. However, the effectiveness and implementation of these interventions still require further evaluation, particularly considering Indonesia's diverse socio-cultural and geographical contexts (12)(13).

Therefore, by conducting a review of providing additional food interventions in the context of stunting in Indonesia, it is important to identify best practices, successes, and the challenges faced. This study aims to assess the effectiveness of supplementary food interventions for stunted toddlers in Indonesia.

METHODS

This research employs a literature review methodology to evaluate and synthesize existing literature on supplementary feeding interventions aimed at reducing stunting in toddlers in Indonesia. The type of literature review used is quantitative. A literature review is a comprehensive summary and evaluation of previous research on a specific topic. It is a crucial part of research methodology that helps demonstrate how a proposed research project will contribute to the field (14). This review method was chosen to address the objectives of this research.

The reviewed articles were published between 2020 and 2024 and were written in either English or Indonesian. Inclusion criteria required that the articles focused on supplementary feeding interventions for stunted toddlers in Indonesia, where the independent

Table 1. Key Terms for Searching in the Database

No.	Key Search Terms in Databases
1	(Stunting OR stunted toddlers OR Toddlers) AND (Supplementary Food OR additional recovery food OR providing additional food OR additional recovery feeding) AND (stunting management)
2	(Stunting OR stunted toddlers OR Toddlers) AND (stunting management)
3	(Balita OR Balita Stunting OR Stunting) AND (Evaluasi Pemberian Makanan Tambahan Pemulihan OR Evaluasi Pemberian Makanan Tambahan)

variable was supplementary feeding and the dependent variable was the condition of stunted toddlers. Articles analyzing the implementation or evaluation of supplementary feeding programs without directly addressing the intervention outcomes were excluded.

Eligible studies included randomized controlled trials, case studies, case series, and cross-sectional studies. Articles employing knowledge synthesis methodologies such as systematic reviews and meta-analyses were excluded. Only full-text articles that were accessible through the selected databases were included in the review.

The researchers developed search strategies tailored to both the independent and dependent variables. Given the specificity of the topic, searches were conducted using the following keywords: in English—“(Stunting OR stunted toddlers OR Toddlers) AND (Supplementary Food OR additional recovery food OR providing additional food OR additional recovery feeding) AND (stunting management)”; and in Indonesian—“(Balita OR Balita Stunting OR Stunting) AND (Evaluasi Pemberian Makanan Tambahan Pemulihan OR

Evaluasi Pemberian Makanan Tambahan).” These targeted keywords were used to search for articles in the PubMed and Google Scholar databases. The searches were conducted in April 2024, with the search parameters adjusted according to each database.

The initial search yielded a total of 3,270 articles. Screening based on titles excluded 3,120 articles that did not meet the criteria, were not original research, or were unrelated to the research objectives. This left 150 articles, which were further screened by abstract. Of these, 133 articles were excluded for being behind paywalls or not meeting methodological, objective, or outcome criteria. Eleven articles remained, but one lacked full-text access, resulting in a final selection of 10 articles written in Indonesian and English. The selection

process adhered to the Preferred Reporting Items for Literature Reviews and Meta-Analyses (PRISMA) protocol.

The Joanna Briggs Institute (JBI) critical appraisal tool was used to assess the risk of bias and quality of the selected articles. This tool categorizes studies based on their risk of bias into three levels: high, medium, and low (minimal). It includes specific checklists tailored to different types of study designs and evidence levels. Through the use of this tool, the quality and reliability of the selected articles were evaluated. All 10 articles were found to have a minimal risk of bias and were considered to be of good quality.

RESULTS AND DISCUSSION

Based on the methodology applied, a review was conducted on 10 articles that

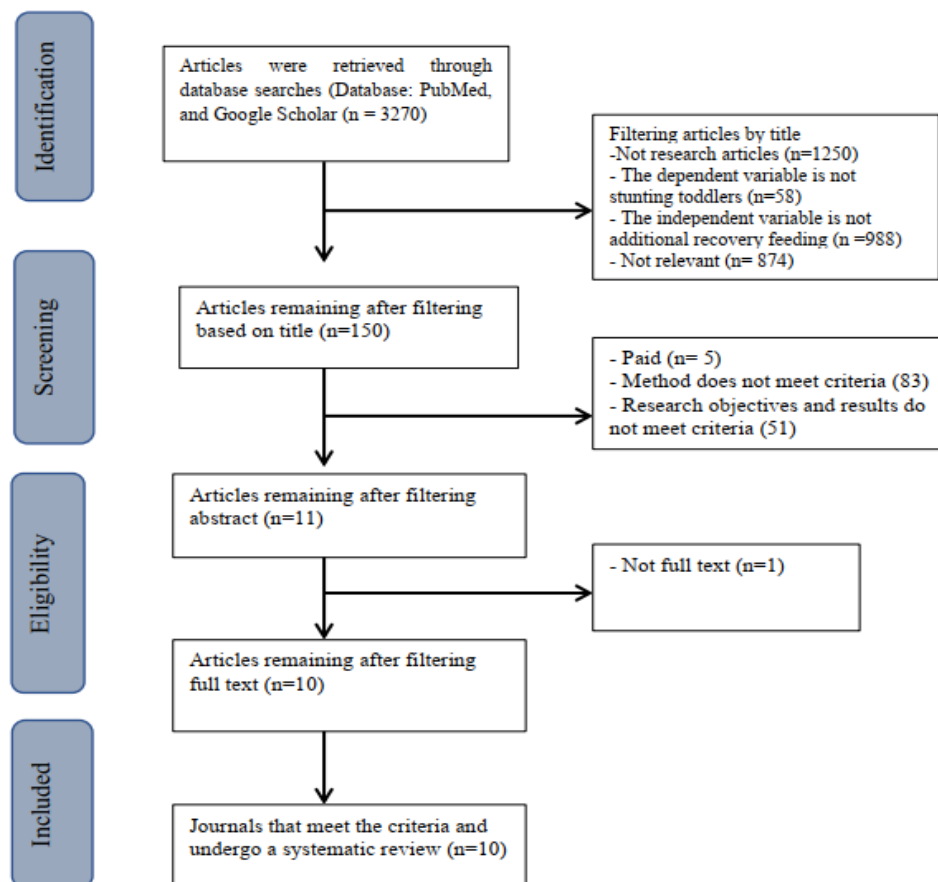


Figure 1. Literature Review Prism Flowchart: Providing Supplementary Food to Stunted Toddlers Indonesia: A Literature Review

met the eligibility criteria. The results of a quantitative review regarding the characteristics of the selected articles are presented in Table 2 at the end of the article. Based on the characteristics table, it was found that the highest number of articles meeting the review criteria were published between 2023 and 2024, accounting for 90% of the total. This indicates a very high level of interest in this topic in Indonesia over the past two years.

Most of the reviewed articles (80%) were published in nationally accredited journals, while a smaller portion (20%) appeared in internationally accredited journals. The majority of the articles (80%) were written in Indonesian. The most common research design among the reviewed studies was quasi-experimental, found in 90% of the articles. The sample sizes in most of the studies were fewer than 50 respondents (80%).

The results of the review of the 10

selected articles on the studied topic are also presented in Table 2. This review identified 10 studies that met the inclusion criteria related to supplementary feeding interventions for stunted children in Indonesia. These studies varied in terms of design, population, and intervention strategies, but collectively provided valuable insights into the effectiveness of different approaches.

The results of data analysis indicate that the highest number of articles were published during 2023–2024. This aligns with the eligibility criteria of this research method and also reflects the growing interest in this topic within the research community. These recent studies can serve as a foundation for considering the implementation of evidence-based health services. This is consistent with the benefits of Evidence-Based Practice (EBP), which include preventing unsafe or inefficient practices and improving the quality of health care—particularly in contexts where

Table 2. Reviewed Articles

Author	Language	Databased Sources	Research purposes	Research Methods and Samples	Output
Catur Erty Suksesty, et.al (2020) (15)	Indonesia	Google Scholar	To determine the effectiveness of the combination supplementary feeding program on changes in the nutritional status of stunted children.	Quasi-experimental with one group pre and posttest design. Sample: 24 stunted toddlers	The results of the T-test and Chi-Square test obtained 45.8% of toddlers who underwent nutritional improvement after being given a combination of additional foods. There is a strong relationship between the intervention carried out on changes in toddler weight. However, there was no significant difference in changes in toddler height.
Galeh Septiar Pontang, et. al	Indonesia	Google Scholar	To assess the differences in nutritional status before	Quasi-experimental using pre-test and	The average nutritional status based on weight-for-age (Weight/Age) was -2.24 SD before the

Table 2. Reviewed Articles (Continued)

Author	Language	Databased Sources	Research purposes	Research Methods and Samples	Output
(2024) (16)			and after the supplementary feeding program using local food ingredients in stunted toddlers from Kalijambe and Tanjung villages in Bringin District, Semarang Regency	post-test group design. Sample 14.	intervention and -2.09 SD after the intervention. For height-for-age (Height /Age), the average was -2.57 SD before the intervention and -2.36 SD after the intervention. For weight-for-height (weight/height), the average was -0.90 SD before the intervention and -1.03 SD after the intervention. A significant difference in nutritional status was observed based on height-for-age (height/age), with a p-value of 0.037, between before and after the provision of local supplementary food. However, no significant differences were found in the other nutritional status indices
Sumarlan , Muzakka r, et.al (2023) (17)	Indonesia	Google Scholar	To analyze differences in the nutritional status of toddlers based on weight / height before and after the Provision of Additional Food.	Experimental design with randomized pretest posttest design. Sample of 16 stunted toddlers.	There was an increase in height with a mean value of 87.97 to 88.24. The results of statistical analysis showed that there was a significant effect before and after being given additional food with a value of $p = 0.002$. Nutrition counseling can significantly improve maternal knowledge, attitudes, child feeding practices, and children's nutritional intake.
Susianto, et. al (2023) (18)	Indonesia	Google Scholar	To determine the effect of providing additional tempeh nuggets on increasing	Quasi-experimental with pre-test and post-test control group	The p value = 0.000 was obtained, indicating that there was a significant difference in toddler height before and after being given treatment in

Table 2. Reviewed Articles (Continued)

Author	Language	Databased Sources	Research purposes	Research Methods and Samples	Output
			body weight and height in toddlers aged 24-59 months in Karangmuncang Village, Cigandamekar District, Kuningan Regency.	design. Sample: 60 toddlers	the form of additional tempeh nugget food. For the correlation coefficient, a positive value was obtained and a positive value of 0.998 for height, meaning the correlation was very strong.
A. Yuniastuti, et. al (2023) (19)	Indonesia	Google Scholar	To test the effects of providing additional food based on Moringa oleifera leaves and sea fish to toddlers with stunting.	Quasi experiment. Sample: 30 toddlers.	The results showed that after the intervention, the levels of zinc in the blood and the average height of toddlers increased. There was also a significant relationship between zinc levels and toddler height, indicating that increased zinc levels are closely related to increased height.
Fransiskus Dedi, et.al (2024) (20)	Indonesia	Google Scholar	To measure how effective the providing additional food program is within a period of three months to increase the weight and height of children under five years old who experience stunting in Bengkayang Regency in 2024.	Quasi Experiment with one group pretest-posttest design. Sample; 53 toddlers.	The results of the study showed that the providing additional food program succeeded in increasing the weight and height of toddlers significantly (p-value < 0.05). On average, toddlers' weight increased by more than half a kilogram and their height increased by about 2.8 centimeters after following the program for three months.
Nurlaelah, et.al (2024) (21)	Indonesia	Google Scholar	To determine the effectiveness of providing additional food on increasing the height and weight of stunted	Quasi-experimental with one group pretest-posttest design. Sample: 30 stunted	The study results showed that the average height of stunted toddlers increased from 75.59 cm before receiving biscuits to 83.36 cm afterward. Similarly, the average weight of the toddlers

Table 2. Reviewed Articles (Continued)

Author	Language	Databased Sources	Research purposes	Research Methods and Samples	Output
			toddlers.	toddlers	increased from 8.88 kg before receiving biscuits to 13.30 kg afterward. The provision of additional food was found to be effective in improving both the height and weight of stunted toddlers, with a p-value of 0.000.
Maria Fatimah W.A Fouk, et.al (2024) (22)	Indonesia	Google Scholar	Identifying the Effectiveness of Providing Additional Food on Height, Weight and Arm Circumference of Stunting toddlers in Kabuna Haliwen Village, East Nusa Tenggara.	Quantitative with randomized pretest posttest design. Sample: 17 Stunting Toddlers	Results: after providing additional food for 90 days, there was an increase in body weight of 1.01 kg (SD 0.36), height of 4.58 cm (SD 1.58), and arm circumference of 0.78 cm (SD 1.02). The results of the paired test showed a p value <0.05, meaning that there was a significant effect between the provision of additional food and the nutritional status of stunting toddlers in Kabuna Village.
Fatmah , Fatmah , & Suyud W Utomo (2023) (23)	English	Pubmed	to evaluate the impact of incorporating potato almond orange cookies into the diet on the nutritional status of preschool-aged children who are experiencing stunting.	A non-randomized pre-post intervention. Sample: study involving 42 participants aged 12 to 58 months over a 4-week period	The intervention group showed the most significant improvements in the height-for-age Z-score. The mean height-for-age Z-score of the intervention group increased by 0.51 (from -3.15 to -2.64), while the control group saw a smaller increase of 0.25 (from -2.69 to -2.44). This improvement was influenced by factors such as maternal age, maternal education, paternal occupation, family size, access to good sanitation facilities, a healthy home environment, and the

Table 2. Reviewed Articles (Continued)

Author	Language	Databased Sources	Research purposes	Research Methods and Samples	Output
					intake of fat, calcium, and zinc from the cookies ($p < 0.05$). However, no significant difference in the height-for-age Z-score was observed in the intervention group when considering knowledge of balanced nutrition and COVID-19.
Nur Aisiyah Widjaja, et.al (2024) (24)	English	Pubmed	to investigate the effect of high-calorie formula as an intervention on weight, height increment, IGF-1 and TLC in children with faltering or undernutrition.	A quasi-experimental study with a pre- and post-intervention design. Participants were divided into two age groups: Group 1 (12-24 months) and Group 2 (>24-60 months)	There was a significant increase in both body weight and height/length following the intervention, with Group 1 showing a greater improvement in height/length compared to Group 2 ($p = 0.000$). However, no significant differences were observed between the groups in terms of body weight gain. The intervention also led to a reduction in the incidence of stunting and wasting, though the difference was not statistically significant ($p > 0.05$). IGF-1 levels increased post-intervention, but this change was not significant (1.42 ± 8.31 ng/ml; $p = 0.144$). A significant reduction in total lymphocyte count (TLC) was observed after the intervention (1194.34 ± 4400.34 cells/mm ³ ; $p = 0.002$), with Group 1 showing a decrease and Group 2 showing a slight increase ($p = 0.003$). Being underweight or severely underweight increased the risk of low

Table 2. Reviewed Articles (Continued)

Author	Language	Databased Sources	Research purposes	Research Methods and Samples	Output
					TLC by 27.658-fold, a risk that was reduced by 25.904-fold after the nutritional intervention. The high-calorie formula intervention improved body weight, height/length, reduced stunting, underweight, and wasting, and enhanced IGF-1 levels

implementation is challenging due to gaps between research and practice (25).

Evidence-Based Practice is also applicable to supplementary feeding as part of the prevention and management of stunting in toddlers. Most of the reviewed articles employed quantitative methods, using various designs such as quasi-experimental, pre-experimental, and cross-sectional approaches. The most commonly used research design among all reviewed articles was quasi-experimental. A quasi-experimental design is a research method in which participants are assigned to different conditions from pre-existing groups. It aims to establish a cause-and-effect relationship between the independent and dependent variables, but differs from a true experimental design as it does not involve random assignment to control groups (26).

Nutrition is crucial in both the prevention and management of health and nutritional problems, particularly stunting. Proper nutrition is essential during the first 1,000 days of life (27). Supplementary feeding (PMT) aims to address deficiencies in macronutrients and micronutrients such as protein, energy, vitamins, and key minerals like iron, iodine, and vitamin A. PMT is also intended to increase calorie intake and

improve the nutritional status of children at high risk of stunting (13).

PMT is generally categorized into two types: Counseling Supplementary Feeding and Recovery Supplementary Feeding. Counseling PMT is provided to maintain the normal nutritional status of toddlers over a period of up to one month. Recovery PMT, on the other hand, is aimed at improving the nutritional status of malnourished children (28).

In this review, 10 articles were assessed regarding the effectiveness of PMT in stunted toddlers. Nine of these articles focused on recovery PMT, while one addressed counseling PMT. The counseling PMT intervention targeted parents of toddlers with normal nutritional status, aiming to improve parental knowledge and prevent stunting. This aligns with the counseling PMT goal, which is to raise awareness among caregivers about the importance of proper nutrition and balanced diets for children.

The remaining 14 articles discussed recovery PMT, targeting children with existing stunting problems. This is in line with recovery PMT's primary goal: to enhance the nutritional status of children suffering from undernutrition or

Table 3. Article Characteristics		
Characteristic	f	%
Years		
2020-2022	1	10
2023-2024	9	90
Publish		
National Journal	8	80
International Journal	2	20
Language		
Indonesia	8	80
English	2	20
Design		
Quasi Experiment	9	90
Experimental	1	10
Number of Samples		
>50 respondents	2	20
<50 respondents	8	80

stunting by increasing body weight, improving calorie intake, and addressing micronutrient deficiencies.

As summarized in the table, 9 out of the 10 reviewed articles reported that supplementary feeding significantly improved weight and height among stunted toddlers. One article, however, found no significant improvement in height despite the intervention.

Effectiveness varied between studies. For instance, Fransiskus Dedi et al. (2024) reported weight and height increases after the intervention, whereas Catur Erty Suksesty et al. (2020) observed weight gain but no significant height improvement—highlighting the need for comprehensive nutritional strategies (20) (15).

Most interventions led to significant weight gain. Findings from this review emphasize the potential of supplementary feeding interventions to improve the nutritional status of stunted toddlers in Indonesia. Consistent improvements in Height-for-Age Z-scores (HAZ) and weight gain suggest that these interventions are vital in national stunting reduction strategies.

However, the duration and consistency of the interventions significantly influenced their success. Long-term, consistent PMT interventions were more effective. Conversely, short-term interventions—typically lasting less than 30 days—did not yield optimal results. Moreover, the reviewed studies generally lacked structured follow-up plans, which may affect sustainability.

Community involvement played a key role in successful PMT interventions. In Indonesia, various community-based empowerment and training programs have enhanced public participation in PMT initiatives. Programs integrating nutrition education and cooking demonstrations have also improved adherence to feeding protocols (11). This underscores the importance of local context and community support in boosting intervention outcomes.

Supplementary foods are intended to complement the main diet and meet the nutritional needs of individuals—particularly children—when the usual diet is insufficient for optimal growth and development. This applies to children transitioning from breastfeeding, those requiring additional nutrition, and even adults with specific deficiencies.

Three common types of supplementary food include: milk-based supplementary food, locally sourced food-based supplementary food and micronutrient-enriched supplementary food. Milk-based PMT, such as milk porridge, is the most commonly used, providing essential macronutrients to improve nutritional status. Locally sourced PMT has become increasingly popular due to affordability and accessibility—examples include porridge made from corn, legumes, or leafy vegetables. Some types of PMT are specifically fortified

with micronutrients like iron, vitamin A, and zinc (13).

The reviewed studies utilized a range of supplementary foods, including fortified cereals, ready-to-use therapeutic foods (RUTFs), and locally made food mixtures. For instance, Nur Aisiyah Widjaja et al. (2024) found that fortified formula significantly improved HAZ scores during a six-month intervention (24).

Cultural acceptability of supplementary food was also a critical factor in adherence. Designing interventions that align with local dietary habits improves the effectiveness of such programs. In Indonesia, the government has supported locally based supplementary feeding initiatives that take advantage of regionally available foods. Several reviewed articles highlighted the use of locally sourced ingredients (16) (29).

Despite these promising findings, ongoing challenges remain—particularly the need for robust monitoring and long-term evaluation. Future studies should focus on longitudinal research to assess the sustainability of improvements in nutritional status and their broader implications for child development.

LIMITATIONS

Despite the promising findings of this literature review, several limitations were identified that may impact the interpretation of the results. Heterogeneity of studies: the included studies demonstrated considerable variability in research design, sample sizes, and types of interventions, making it difficult to generalize the findings across different settings in Indonesia.

Short intervention duration: many studies evaluated the impact of supplementary feeding over relatively

short periods (3 to 6 months), limiting the ability to assess the long-term effects on growth and nutritional status.

Lack of control over confounding variables: several studies did not adequately control for confounding factors such as socioeconomic status, maternal education, and pre-existing health conditions, all of which may significantly influence child growth outcomes. Limited follow-up: a number of studies lacked follow-up assessments post-intervention, restricting the ability to determine whether improvements in nutritional status were sustained over time.

RESEARCH ETHIC

As a literature review, the research involved the analysis of previously published studies and did not include direct contact with human participants or the collection of primary data. Nonetheless, all included articles were screened to ensure that they had obtained ethical clearance from relevant institutional review boards prior to publication. The integrity, accuracy, and transparency of the research process were maintained throughout, and all efforts were made to respect the original authors' work, including proper citation and acknowledgment of all sources.

CONFLICT OF INTEREST

The authors declare no conflict of interest related to this research.

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CONCLUSION

This literature review highlights the substantial potential of supplementary feeding interventions in improving the nutritional status of stunted toddlers in Indonesia. The findings indicate that such interventions can result in meaningful increases in height-for-age and weight, contributing positively to the growth and development of affected children. However, the review also reveals significant challenges, including heterogeneity in study design, short intervention durations, and cultural influences on acceptability and adherence.

To enhance the effectiveness of supplementary feeding programs, future research should prioritize longitudinal studies, the development of standardized intervention protocols, and the implementation of comprehensive monitoring and evaluation frameworks. A multi-sectoral approach that combines nutritional support with community engagement and supportive policies will be critical in addressing the multifactorial nature of stunting in Indonesia.

Recommendations: longitudinal research: future studies should evaluate the long-term impact of supplementary feeding on growth and nutritional status to assess the sustainability of improvements and to identify emerging challenges. Standardization of protocols: developing standardized protocols—regarding the type, dosage, duration, and target population of interventions—will

enhance the comparability and replicability of research findings. Integration of qualitative methods: incorporating qualitative approaches will provide deeper insights into cultural acceptance and community preferences for supplementary foods, which is vital for designing effective, culturally sensitive interventions.

Monitoring and evaluation frameworks: implementing robust and consistent monitoring systems, including follow-up assessments, will be essential for tracking nutritional outcomes and evaluating overall program effectiveness. By implementing these strategies, future efforts to combat stunting in Indonesia can become more effective, evidence-based, and sustainable—ultimately improving health outcomes and development potential for children across the country.

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