

# Effectiveness of Food Security Policy Implementation as An Efforts for Rehabilitation of Stunting Treatment in Rokan Hilir Regency

Febri Yuliani<sup>1</sup>, Andri Sulistyani<sup>2</sup>, Firdaus Yusrizal<sup>3</sup>, Indri Islamiati<sup>4</sup>

<sup>1</sup>Public Administration Department, University of Riau, Indonesia.  
(email: febriyuliani@lecturer.unri.ac.id)

<sup>2,3</sup>Tour and Travel Business Program, University of Riau, Indonesia.

<sup>4</sup>Department Public Policy and Management, University of Gadjah Mada, Indonesia .

## Abstract

According to SDGs 2030, food security must have 3 principles, namely; Availability, Affordability; and Benefits, hereinafter referred to as food security aspects. Rokan Hilir is an area with a high level of stunting. Referring to the problem formulation, the objectives of this research are: 1) to analyze and describe the effectiveness of the implementation of the Food Security Policy; 2) to analyze and describe the factors that constrain the effectiveness of implementing the Food Security Policy in Rehabilitation Efforts to Handle Stunting in Rokan Hilir. The approach taken is a qualitative approach with descriptive analysis methods. The data required in this research consists of primary data and secondary data. The units of analysis in this research are people or parties who are considered to have knowledge about the implementation of food security policy innovations in dealing with stunting and also from the policy implementing apparatus, some of whom have certain positions, including staff, the community and also from NGOs which are parties involved in implementing food security policy innovations to combat stunting in Rokan Hilir. The research results show that stunting in children will have an impact on metabolic disorders, low immunity, and suboptimal physical body size. The better the coordination and communication between the parties involved in an implementation process, the less likely it is that errors will occur.

## Keywords:

policy; food security; stunting rehabilitation

## Introduction

Stunting is a national issue where prevention is still ongoing today. The problem of stunting is a long-term problem that has an impact on the future of the nation (Tampubolon, 2020). Stunting is one of the goals of the Sustainable Development Goals (SDGs) contained in the 2nd Sustainable Development Goal, namely eliminating hunger and all forms of malnutrition by 2030 and achieving food security (Mayfitriana et al., 2022). The aim is to reduce the stunting rate by 40% by 2025 to reduce stunting globally and nationally because the problem of deformation is closely related to the quality of human resources in the future (Herawati & Sunjaya, 2022).

The impact caused by stunting is stunted growth which can be divided into short-term and long-term impacts. Short-term effects: increased incidence of morbidity and mortality, suboptimal cognitive, motor and verbal development in children, and increased health costs.

Meanwhile, the long-term impacts: less than optimal body posture in adulthood (shorter than usual), increased risk of obesity and other diseases, reproductive health problems, less than optimal learning abilities and performance during school, and less than optimal productivity. and workability (Saputri & Tumangger, 2019).

Stunting is caused by multidimensional factors and not only by malnutrition experienced by pregnant women and children under 5 years of age. Therefore, the most critical steps to reduce stunting must be implemented in the first 1000 days of life in children under five years of age (Fitrotuzzaqiyah & Rahayu, 2022).

A high prevalence of stunting cases is the danger toward nation's ability to attain the Sustainable Development Goals (SDGs). It will impact the human source capabilities in achieving a decent life with a good economic growth and health. By 2030, UNICEF (UNICEF 2021) declare two goals to eradicate hunger and malnutrition by 50%. As the result of SSGI 2022 survey by Indonesian Ministry of Health, stunting cases in Indonesia was decreased to 21.6% from 24.4% in 2021 (The Ministry of Health of the Republic of Indonesia, 2023). Although Riau is not included into top five provinces with highest stunting cases, but there were many regencies which has stunting cases score above national average. It becomes the concern of local government and also others stakeholders to solve this problem. Stunting is considered as a serious health issue because it can hinder the achievement of Indonesian Golden Generation 2045.

According to data from Indonesian Ministry of Health released in 2021, Rokan Hilir was one of regency located in Riau Province which had the highest stunting cases. Stunting cases in this regency was reached 29.7%. It means that stunting case in this area is above Riau's average, which is 22.3%. (kemkes.go.id, 28 December 2021).

**Table 1.**  
**Stunting Cases in Riau Province**

No.	Regency	Average
1	Pekanbaru	11.4
2	Siak	19.0
3	Pelalawan	21.2
4	Bengkalis	21.9
5	Kuantan Singingi	22.4
6	Dumai	23.0
7	Meranti Islands	23.3
8	Indragiri Hulu	23.6
9	Kampar	25.7
10	Rokan Hulu	25.8
11	Indragiri Hilir	28.4
12	Rokan Hilir	29.7
<b>Riau Province Average</b>		<b>22.3</b>

*Source: Indonesian Ministry of Health, 2022*

Stunting management and prevention programs generally use specific nutrition intervention approaches and sensitive nutrition interventions (Muliadi, etc., 2023). Several studies show that effective interventions in reducing the prevalence of stunting are still limited. That is why the research about the implementation of policy in reducing stunting is very important to develop any innovations and recommendation to solve this cases.

## **Methods**

This research approach is a qualitative approach to reveal comprehensively about: 1) the effectiveness of the implementation of the Food Security Policy; 2) the factors that constrain the effectiveness of implementing the Food Security Policy in Rehabilitation Efforts to Handle Stunting in Rokan Hilir Regency.

Meanwhile, the analytical method used is a descriptive method, namely finding facts with interpretation by accurately describing the nature of several group or individual phenomena that originate from the findings (Knapp, etc., 2019). In this research, the data needed includes facts and information regarding Food Security Policy Innovations, what Food Security Policy Innovations have been carried out and will be carried out in efforts to handle Stunting in Rokan Hilir Regency, and obstacle factors in the Implementation of Resilience Policy Innovations. The data collected is primary data and there is also secondary data which is then used as a basis for analysis and interpretation.

## **Results and Discussion**

Stunting in children will have an impact on metabolic disorders, low immunity, and suboptimal physical size. The better the coordination and communication between the parties involved in an implementation process, the more likely it is that errors will occur and vice versa. Stunting causes a child's brain to not develop optimally, thereby reducing their cognitive abilities. When intelligence decreases, children's achievement and productivity become affected.

In stunting rehabilitation in terms of how policies are communicated to the public to obtain responses from the parties involved. Based on the findings and information from several sources, communication between the Rokan Hilir District Health Service and the community in the implementation of Stunting Prevention went well and actively and the implementers provided counseling and outreach regarding the policy for implementing Minister of Health Regulation Number 29 of 2019 concerning Overcoming Nutritional Problems for Children Due to Disease Case Study of Stunting Management in Rokan Hilir Regency.

Communication in the implementation of Minister of Health Regulation Number 29 of 2019 concerning Handling Nutritional Problems for Children Due to Disease. Case Study Handling Stunting in Rokan Hilir Regency has been carried out by various parties starting from communication between the central government and regional government, communication between regional government and the Rokan District Health Service Downstream (*Dinas Kesehatan* and *Pusat Kesehatan Masyarakat/Puskesmas*), communication with sub-district representatives in Rokan Hilir Regency (*Kecamatan*), communication with Women Organizations or often called as *PKK*, communication with Community Health Centers (*Pos Pelayanan Terpadu /Posyandu*).

The progress of communication can also be seen, to date the Rokan Hilir District Health Service has made a policy in the form of Rokan Hilir Regency Regent's regulation Number 82 of 2018 concerning Reducing Chronic Malnutrition (Stunting). Apart from that, the outreach carried out by the Rokan Hilir District Health Service has been right on target by providing outreach through the media or directly to Posyandu Organizations or Cadres (*PKK*) making it easier to reduce the stunting rate in Rokan Hilir District.

To overcome stunting cases in Rokan Hilir, there is a regulation to give *taburia* for children from aged 6-59 month. *Taburia* is a multivitamin and mineral supplement in powder form that is used to meet the nutritional needs of toddlers. It can be used to overcoming nutritional deficiencies, helping children's growth and development, and also preventing anemia (Sugianti & Putri, 2022).

*Taburia* is made from vegetable, fruit and other food extracts that support the growth and development of toddlers. It has several advantages. It does not change the taste, aroma, shape of food, and does not *cause* addiction and also does not change the toddler's daily eating habits. It is given especially for priority toddlers aged 6–24 months by sprinkling it on toddler food, preferably finished at the same time as breakfast. *Taburia* should not be given to babies under 6 months of age, so that the baby continues to receive exclusive breast-feeding.

**Table 2.**

**Micronutrient Supplementation in Rokan Hilir**

No.	Local Health Center (Puskesmas)	Target Toddler	Total Taburia in Puskesmas	Target Toddler Accepting Taburia	Total Target Underweight Toddler	Toddler Accepting Taburia	Percentage Toddler Accepting Taburia
1	Sedinginan	5745	160	3	128	15	11.72
2	Pujud	3942	8100	135	114	7	6.14
3	Tanah Putih	1382	8100	135	22	217	986.36
4	Rantau Kopar	650	12000	200	1	56	5600.00
5	Tanjung Medan	3308	37	1	3	0	0

No.	Local Health Center (Puskesmas)	Target Toddler	Total Taburia in Puskesmas	Target Toddler Accepting Taburia	Total Target Underweight Toddler	Toddler Accepting Taburia	Percentage Toddler Accepting Taburia
6	Bagan Batu	7697	1110	19	26	43	165.38
7	Simpang Kanan	3066	2	0	33	19	57.58
8	Bortrem	1766	140000	2333	27	83	307.41
9	Balai Jaya	2946	300	5	24	60	250.00
10	Teluk Merbau	1815	2700	45	8	0	0
11	Panipahan	4305	0	0	31	0	0
12	Rantau Panjang Kiri	1979	31680	528	13	12	92.31
13	Bagan Siapi Api	4039	21600	360	76	82	107.89
14	Bagan Punak	1949	18900	315	66	48	72.73
15	Sinaboi	1338	0	0	34	0	0
16	Bantaian	924	0	0	0	0	0
17	Pedamaran	1736	3748	62	55	101	183.64
18	Rimba Melintang	3072	64800	1080	103	86	83.50
19	Bangko Jaya	3386	54000	900	8	27	337.50
20	Bangko Kanan	2400	0	0	16	0	0
<b>Total</b>		<b>57445</b>	<b>367237</b>	<b>6121</b>	<b>788</b>	<b>856</b>	<b>108.63</b>

Source: Rokan Hilir Health Office, 2023

Resources are the most important part of policy implementation. Human resources are people who work within an organization or are often called workforce, workers or employees. Resources are potential that can be in the form of physical and non-physical, which can be greater or lost, which can be used to support something (Carlsson, 2020).

From the research results, it is known that the government does not provide adequate human and financial resources for preventing stunting, as well as adequate facility resources, starting from improving village services, building and maintaining infrastructure and the environment (Sumardjo, 2023b). And the facility resources or means and infrastructure that are available to carry out the Stunting prevention process are also inadequate, which can be seen by improving village services and developing infrastructure maintenance in the environment.

**Table 3.**

**Malnutrition Management in Rokan Hilir Local Health Center**

No.	Local Health Center (Puskesmas)	SOP	Trained Nutritional Care Personnel	Capability in Handling Malnutrition Management
1	Sedinginan	Incomplete	No	No
2	Pujud	Incomplete	No	No
3	Tanah Putih	Incomplete	No	No
4	Rantau Kopar	Complete	No	No
5	Tanjung Medan	Incomplete	No	No
6	Bagan Batu	Complete	No	No
7	Simpang Kanan	Incomplete	No	No
8	Bortrem	Incomplete	No	No
9	Balai Jaya	Complete	No	No
10	Teluk Merbau	Incomplete	No	No
11	Panipahan	Incomplete	No	No

No.	Local Health Center (Puskesmas)	SOP	Trained Nutritional Care Personnel	Capability in Handling Malnutrition Management
12	Rantau Panjang Kiri	Incomplete	No	No
13	Bagan Siapi Api	Complete	No	No
14	Bagan Punak	Incomplete	No	No
15	Sinaboi	Complete	No	No
16	Bantaian	Incomplete	No	No
17	Pedamaran	Incomplete	No	No
18	Rimba Melintang	Incomplete	No	No
19	Bangko Jaya	Complete	No	No
20	Bangko Kanan	Complete	No	No

Source: Rokan Hilir Health Office, 2023

From the budgeting system, Village Funds can be used for activities to handle stunting prevention according to village deliberations (Sumardjo, 2023a). Examples of stunting handling activities in villages are the construction/rehabilitation of village health center/*Polindes* and *Posyandu*, counseling and providing healthy food to improve toddler nutrition, health care for pregnant and breastfeeding mothers, construction of sanitation and clean water, construction of toilets, training and coaching of community health cadres, development of PAUD and development of PAUD tutors, socialization and education of the clean and healthy living movement.

Figure 1.

Village Funds Priority Usage



In every implementation of an activity there are always obstacles in its implementation. To achieve a desired desire in carrying out activities is not easy even if all these matters are carried out optimally. To achieve satisfactory results cannot be separated from obstacles and obstacles caused by several factors. The following are various things or factors that prevent stunting sufferers from decreasing.

One of the causes of the still high stunting rate in Indonesia is the lack of information to the public about the importance of paying attention to nutritional intake and personal hygiene in pregnant women and children under two years of age.

Community character is a community that has distinctive characteristics according to certain characteristics or traditional characteristics that have been passed down from generation to generation (Yani, etc., 2023). The cause of stunting is not only the problem of poverty which has an impact on malnutrition in mothers and children. In fact, stunting is also caused by socio-cultural constructions that exist in society. Habits passed down from generation to generation in society influence parenting patterns and people's way of life. Some of these habits are known to be inappropriate for stunting prevention practices.

From the research results, it is known that people still have a tradition of feeding bananas to babies under six months of age so that the children are full and not fussy. In fact, during this period the best nutritional intake for babies is exclusive breast milk (*ASI*). This phenomenon suggests that handling stunting and social and cultural factors in society are two sides of a coin that cannot be separated.

Low community participation in Posyandu, and lack of cross-sectoral coordination and support. As well as low awareness in carrying out early detection, especially health monitoring for pregnant women and *toddlers*. There is a lack of knowledge among residents, especially parents, about good lifestyle patterns in raising children. Stunting cases occur due to parents' lack of knowledge in caring for children, especially regarding providing food and drink (Abuya, etc., 2012). Unconsciously, many parents who have good financial means have given them the wrong food and drink, which threatens their children's health.

## Conclusion

Based on the results of the research, the following conclusions can be drawn. *First*, the implementation of health regulation number 29 of 2019 concerning overcoming nutritional problems for children due to disease (case study of handling stunting in Rokan downstream district) can be concluded that the aim is to find out how the government policy to overcome the problem of stunting in Rokan downstream district has been implemented, because it has experienced very drastic decline from year to year until now. In 2018 it reached 40.77%, in 2019 it reached 28.87% and in 2020 it reached 7.7%. From the 2018-2020 data, there has been a very drastic decline. The Rokan downstream district government has done a good job of controlling stunting. However, there are many factors that must be taken seriously, such as communication, resources, the attitude of policy implementers.

*Second*, the factors that hinder the implementation of Minister of Health Regulation Number 29 of 2019 concerning Handling Nutritional Problems for Children Due to Disease (Case Study of Handling Stunting in Rokan Hilir Regency) include the following: 1) lack of information

to the public about the importance of paying attention to nutritional intake and personal hygiene in pregnant women and children under two years old; 2) community character, namely typical characteristics, traditional ways or hereditary habits in society that influence parenting and eating patterns; 3) low participation, because people do not want to go to *Posyandu*, and there is a lack of coordination and support from across sectors; 4) lack of knowledge about children's nutrition and health. Parents' knowledge of good lifestyle patterns in raising children, regarding providing food and drink. It is important for teenagers to know about nutritional issues before they get married and have children, especially for young women. To reduce this problem is to help the village government digitize information technology by developing a web for existing programs. Tests on the procurement of this innovation were also carried out.

Regarding the Implementation of Minister of Health Regulation No. 29 of 2019 concerning Overcoming Nutritional Problems for Children Due to Disease (Case Study of Handling Stunting in Rokan Hilir Regency), the researchers provided the following suggestions. *First*, Rokan Hilir Regency Government, especially the Health Service Offices have to improve their quality and quantity of staff and employees professionally in handling stunting. The important persons are the village assistants, cadres, village midwives, in coordination with community health centers as spearheads of implementing stunting prevention in the community. Routinely, midwives and accompanying staff must receive special training to improve their abilities and knowledge in order to provide excellent assistances to the community in overcoming stunting cases. One method training on handling and preventing stunting is called as STBM (Community Based Total Sanitation), including: 1) explain the basic concept of STBM-Stunting; 2) carrying out community empowerment in STBM-Stunting; 3) carrying out communication, advocacy and STBM-Stunting facilities; 4) triggering STBM-Stunting in the community; 5) training techniques in STBM-Stunting Facilitator training.

*Second*, the community must be proactive in helping the government's implementation of overcoming stunting in Rokan Hilir Regency by paying attention to parenting patterns, eating patterns, as well as improving sanitation and access to clean water. So, children can get better nutrition. Every member of community must understand and learn about fulfilling nutrition for children. Therefore, there are no more children poses stunting in Rokan Hilir Regency.

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