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Review article

Stunting in Coastal Communities in Indonesia: A Review

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Abstract

Background: Stunting remains a major public health issue in many coastal communities, driven by multiple factors including inadequate nutritional intake, limited maternal knowledge regarding healthy dietary practices, and restricted access to healthcare services.
Objective: This study aims to review the risk factors, prevalence, and prevention strategies related to stunting in coastal areas based on findings from 20 research journal articles.
Methods: A systematic literature review was conducted by analyzing 20 Indonesian-language journal articles that focus on stunting in coastal communities. The selected studies explore contributing factors, prevalence rates, and the effectiveness of various intervention strategies.
Results: The review indicates that the primary causes of stunting include insufficient nutritional intake, low levels of maternal education, poor access to healthcare services, and inadequate sanitation. Effective interventions identified in the literature include nutrition education programs, the promotion of locally available nutritious foods, and the empowerment of community health workers such as *posyandu* (integrated health service post) cadres.
Conclusion: To reduce the prevalence of stunting in coastal communities, community-based interventions are essential. These should focus on improving maternal and child nutrition, enhancing public health education, and increasing access to quality healthcare facilities.
Keywords: Stunting, Coastal Communities, Nutrition, Local Food, Health Interventions.

Background

Stunting is a condition of failure to thrive in children due to chronic malnutrition, especially in the first 1000 days of life. This issue is a major concern in coastal areas, where socio-economic factors, less diverse food consumption patterns, and limited access to adequate health and sanitation services contribute to the high prevalence of stunting. (Manda, Awaru, Nur, and Darmayanti, 2021).

Several studies have shown that the prevalence of stunting in coastal areas is higher than in other regions. This is due to low food security, limited access to nutritious food, and suboptimal seafood consumption patterns. Although seafood is a source of high-quality protein, the shift in diet to processed foods is one of the main obstacles in preventing stunting. (Amalia, Nuryani, Talibo, Setiawan, and Alimuddin, 2023). In addition, social factors such as the mother's education level, exclusive breastfeeding habits, and community knowledge about nutrition also affect the incidence of stunting. (Rihi Leo, 2018).

In addition to nutrition, environmental sanitation and access to clean water also play an important role in stunting. Studies conducted on the shores of Lake Limboto show that almost 50% of children under five are stunted due to poor sanitation and limited access to health facilities. Meanwhile, community empowerment-based interventions, such as the utilization of Sustainable Food House Areas (KRPL), have been shown to increase community understanding of stunting prevention and local food diversification. (Suryati, Sarni Anggoro, Amyati, Khoerunisa, 2022).

This study aims to identify the main factors contributing to the incidence of stunting in coastal communities and review intervention strategies that have been implemented to prevent and address this problem.

By understanding the risk factors and evidence-based solutions, it is hoped that more effective strategies can be formulated to reduce stunting in coastal areas.

Method

This study uses a systematic literature review method by analyzing 20 scientific journals that specifically discuss stunting in coastal areas. The journals were selected based on their relevance to risk factors, prevalence, and stunting prevention strategies. The data were analyzed descriptively to identify the main patterns in related research.

Results

Based on the analysis of 20 journals collected, stunting was found to be a major health problem in coastal areas, especially in areas with limited food access, less varied consumption patterns, and low public awareness of healthy eating patterns. The following table shows the results of the journal review.

Table 1. Journal Review on Stunting in Coastal Communities

No.	Title/Name/Year	Location	Variable	Methods	Results
1.	Empowerment of Coastal Communities in Utilizing Local Food Sources to Prevent Stunting / Ica Lisnawati & Mayada / 2024	In Hilir Muara Village, Kecamatan Laut Sigam, Kotabaru.	The variables in this study are the level of community knowledge about nutrition, frequency of mackerel consumption, and prevalence of stunting in children.	The method used in this research is mixed methods.	The results showed an increase in community knowledge about nutrition from 35% to 78%, an increase in mackerel consumption from an average of 1.5 times to 3.2 times per week, and a decrease in the prevalence of stunting from 30% to 22% after the program lasted for 6 months.
2	Stunting Assistance in Coastal Areas: Community Service Activities of the Center for Gender and Child Studies LPPM IAIN Kendari in Motui District, North Konawe Regency / Sufiani, Rosdiana, Zulkifli, Muthia Nur Fadhilah, Arif Tarawe, Abdul Rahman, Muhammad Rusli / 2024	In Motui sub-district, North Konawe district, Southeast Sulawesi province.	The variables in this study are the level of community knowledge about stunting, healthy lifestyle, and balanced nutrition fulfillment.	Community Development,	The results showed that the people of Motui Sub-district gained new insights about stunting, its causes, prevention, and the importance of balanced nutrition and the first 1000 days of life.
3	Utilization of Sustainable Food House Area (KRPL) with Agronursing Approach in Overcoming Stunting in Coastal Area of Gunung Kidul Yogyakarta / Suryati, Sarni Anggoro, Amyati, Khoerunisa, Lailiyah Qurrotul a'yun / 2023	In Girisekar Village, Gunungkidul Regency, Yogyakarta Special Region Province.	The variables in this study are the level of utilization of the Sustainable Food Home Area (KRPL), changes in community consumption patterns, and the incidence of stunting in toddlers.	The Agronursing Approach, Utilizing Local Food Sources Through the Integration of Agriculture and Health to Improve the Nutritional Status of the Community.	The results showed that there was an increase in community understanding of stunting prevention and local food utilization. The program also increased community involvement in local food management and diversification of toddler food sources.
4	Utilization of Local Food in Efforts to Prevent Stunting in Children in the Village Lorong Pisang / Salwa Luthfiyyah Novi,	In Lorong Pisang Village, Belawan I Urban Village, Medan	Utilization of Local Food (Tongkol Fish) in Preventing Stunting and Changes in Community	Qualitative Descriptive Methods.	The results showed that food innovation in the form of dimsum bags made from tuna with additional oyster mushrooms, squash, and carrots proved to increase the nutritional value of food for

	Clarissa Bunga Mahira, Rani Suraya, Nurhazizah Br Said / 2024	Belawan District, Medan City, North Sumatra Province.	Consumption Patterns towards Nutritious Foods.		children.
5	Efforts to Handle Stunting Through Nutrition Education to Posyandu Cadres on the Karawang Coast / Linda Riski Sefrina, Ratih Kurniasari, Milliyantri Elvandari, Annisa Ratri Utami, Asep M. Abioga / 2023	On the Karawang Coastline, Karawang Regency, West Java Province.	The variable in this study is the level of nutritional knowledge of Posyandu cadres before and after training.	Counseling and training, with data collection techniques through pre-test and post-test to measure the improvement of nutrition knowledge of Posyandu cadres.	The results showed a significant increase in the nutrition knowledge of Posyandu cadres. This proves that nutrition education is effective in increasing Posyandu cadres' awareness of stunting and prevention efforts.
6	Factors associated with stunting in first grade children at SDI Taqwiyatul Wathon, coastal area of Semarang City / Aisyah, Suyatno, M. Zen Rahfiludin / 2019	At SDI Taqwiyatul Wathon, Tanjung Mas Village, North Semarang District, Semarang City, Central Java Province.	The variables in this study are the incidence of stunting as the dependent variable, and related factors such as maternal employment, maternal education, family income, nutritional parenting, health parenting, personal hygiene parenting, and history of infectious diseases as independent variables.	Observational Analytic with Cross-Sectional Approach, with Purposive Sampling Technique.	The results showed that there was no significant relationship between factors such as maternal employment, maternal education, family income, nutritional care, health care, personal hygiene care, and history of infectious diseases with stunting.
7	Nutrition Intake of Stunted Toddlers in the Coastal Area of Bualemo District in 2022 Erni Yusnita Lalusu, Rahimatul Azmi, Anang Samudera Otoluwa / 2023	In the Coastal Area of Bualemo District, Banggai Regency, Central Sulawesi Province	Nutritional Intake of Stunted Toddlers, Including Carbohydrate, Protein, Iron, Zinc, Calcium, and Vitamin D.	Descriptive Observational.	The majority of stunted toddlers in the coastal area of Bualemo sub-district suffer from various nutritional deficiencies. As many as 97.9% of toddlers had deficient carbohydrate intake, while only 2.1% had good carbohydrate intake. For protein intake, 42.6% of toddlers experienced deficiencies, while 34% had good intake. Iron intake was also low, with 83% of toddlers having a deficiency and only 2.1% having good iron intake.
8	Stunting Prevention Efforts in Nagari Kapuh, Pesisir Selatan: Nutrition Education and Behavior Change / Yayuk Lestari, Meqorry Yusfi,	In Nagari Kapuh, Koto XII Tarusan District, Pesisir Selatan Regency, West	Level of community knowledge about nutrition, behavior change, and stunting prevalence.	Participatory Approaches and Field Surveys with Mixed Methods (Qualitative and	Stunting in Nagari Kapuh is influenced by nutritional factors, community behavior, and access to health services. Efforts in nutrition education, training of Posyandu cadres, and improving health facilities have succeeded in increasing

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	Annisa Anindya, Vitania Yulia, Diego / 2024	Sumatra Province		Quantitative).	community awareness. However, social and cultural factors are still a challenge in overcoming stunting in the region.
9	Food Security And Stunting Incidences In The Coastal Areas Of Indonesia / Emy Yuliantini, Ketut Sukiyono, M. Zulkarnain Yuliarso, Bambang Sulistyo / 2022	In Indonesia's Coastal Areas	Food Security, Stunting, Family Socioeconomic Status, Maternal Education, Low Birth Weight (LBW), Exclusive Breastfeeding, and Macro and Micro Nutrient Deficiencies.	Literature review by collecting data from various publications in databases such as Pubmed, Sciencedirect, Proquest, and Google Scholar since 2000-An.	The results showed that the main factors causing stunting in Indonesia's coastal areas are low food security, low maternal education level, low birth weight, non-exclusive breastfeeding, and macro and micro nutrient deficiencies. Stunting is more prevalent in families with low socioeconomic conditions and limited food access.
10	Increasing Knowledge of Coastal Communities in Efforts to Reduce the Number of Stunting Rates in Children by Darman Manda, A. Octamaya Tenri Awaru, Hasruddin Nur, and Resty Rahayu Darmayanti, Published in 2021.	Samataring village, Sinjai district, South Sulawesi province.	The variable in this study is the level of knowledge of coastal communities about stunting before and after education.	The method used in this research is the lecture and question and answer method, which begins with a pretest and ends with a posttest.	The results showed that stunting education succeeded in increasing participants' knowledge. Pretest results were in the moderate category (56-70%), while posttest results increased to the high category (71-85%).
11	Risk Factors for Stunting in Children aged 2-5 Years in Mountain and Coastal Areas by Agnes Rihi Leo, Hertanto W Subagyo, and Martha I Kartasurya, Published in 2018.	Working Area of Puskesmas Oelbiteno, Central Fatuleu Sub-district (Mountain Area), and Puskesmas Batakte, West Kupang Sub-district (Coastal Area), Kupang Regency, East Nusa Tenggara Province.	The variables in this study were risk factors for stunting, such as adequate levels of energy, protein, zinc, iron, and history of exclusive breastfeeding.	Cross-sectional with 114 subjects in each region (mountain and coastal), purposively selected and consisting of case (stunting) and control (non-stunting) groups.	The main risk factors for stunting in mountain areas are low protein sufficiency and non-exclusive breastfeeding, while in coastal areas it is low energy sufficiency.
12	Disparity Of Risk Factors Stunting On Toddlers In The Coast And The Mountain Areas Of Sinjai, South Sulawesi By Satriani, Widya Hary Cahyati, And Ari Yuniastuti, Published In 2019.	Sinjai district, South Sulawesi province.	Energy, Protein, Fe (Iron), and Zn (Zinc) Adequacy Levels as Risk Factors for Stunting.	Case-Control With Fixed Disease Sampling and Stratified Proportional Random Sampling Techniques.	The results showed that in coastal areas, the main risk factors for stunting were low energy and Fe intake, while in mountainous areas the main risk factors were low protein, Fe, and Zn intake.
13	Perception of Coastal Communities through STUNFISH (Stunting Prevention Through Fish Diversification) in Stunting	In Sangkarrang Sub-district, Makassar City, South Sulawesi	Coastal Community Perceptions of Stunting Prevention Through	Survey with a Quantitative Descriptive Approach Using Questionnaires.	The results showed that the breastfeeding mothers group had the lowest level of knowledge about stunting (59.46%), the highest obstacles to stunting prevention were

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	Prevention Efforts by Hardianty Askar, Arwita Irawati, and Wafiq Azizah, Published in 2024.	Province, covering Barang Lompo Island, Barang Caddi Island, and Kodingareng Lompo Island.	Diversification of Processed Fish Products,Which Includes Level of Knowledge, Constraints, Understanding of Fishery Products, and the Role of Processed Fishery		found in pregnant women (55.26%), mothers of toddlers had the highest understanding of fishery products (59.55%), and breastfeeding mothers assessed the role of processed fish products in preventing stunting as very good (66.22%).
14	Correlation Study of Stunting Incidence with Factors Maternal Knowledge in Nutritional Processing in Toddlers in Coastal Areas by Dwining Handayani, Erik Kusuma, R.A. Helda Puspitasari, and Ayu Dewi Nastiti, Published in 2022.	In Pasuruan Regency, East Java Province, Precisely in the Districts of Nguling, Lekok, and Kraton.	The incidence of stunting as a dependent variable and the factor of maternal knowledge in nutritional processing as an independent variable.	Quantitative With Cross-Sectional Design And Correlative Analytical Descriptive Approach.	The results showed that there was a significant relationship between the incidence of stunting and the factor of maternal knowledge in nutritional processing (P = 0.000). As many as 58% of toddlers experience stunting, and most mothers have a level of nutritional knowledge that is sufficient (50%) or lacking (30%).
15	Stunting Education and Assistance for Coastal Communities in Labengki Village by Abdul Kadir, Eri `Murniasi, Sartiah Yusran, Nur Hasanah Safei, Syamsuddin, Iswandi, Muhammad Shaleh Assingkily, and Noni Putri, Published in 2024.	Labengki village, Lasolo Islands sub-district, North Konawe district, Southeast Sulawesi province.	The Level of Public Awareness of Stunting and the Role of Education and Assistance in Its Prevention.	Community Development,	The results showed that the Labengki Village community gained a better understanding of stunting, its causes, how to prevent it, and the importance of balanced nutrition in the first 1000 days of life.
16	Factors Causing the Incidence of Stunting in Toddlers in the Coastal Area of Sorue Jaya Village, Soropia District, Konawe Regency by Nisrawati, Siti Hadrayanti Ananda H., Jenny Qlifianti Demmalewa, Abdurrakhman, and Ellyani Abadi, Published in 2022.	Sorue Jaya village, Soropia sub-district, Konawe district, Southeast Sulawesi province.	The incidence of stunting as the dependent variable and the factors that influence it, namely exclusive breastfeeding history, parenting patterns, maternal education, maternal employment, family income, and the number of family members as independent variables.	Correlational research with cross-sectional design. A sample of 86 toddlers was selected using the total sampling technique. Data were analyzed using Chi-Square, Fisher Exact, and Multiple Logistic Regression tests.	The results showed that there was a significant relationship between the incidence of stunting and exclusive breastfeeding history, parenting patterns, maternal education, maternal employment, and the number of family members (P < 0.05). However, no relationship was found between family income and the incidence of stunting (P> 0.05).

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17	The Role of Seafood Protein Sources and Child Stunting in Coastal Areas by Intan Ria Nirmala and Lestari Octavia, Published in 2022.	Coastal Area of Southeast Sulawesi Province.	The variables in this study are the consumption of seafood protein sources as an independent variable and the incidence of stunting in children as a dependent variable.	The method used in this research is a literature review and observation related to food consumption patterns sea and its effect on stunting in coastal areas.	The results showed that consumption of seafood that is high in protein can help reduce stunting rates. However, there are still barriers in the consumption of seafood in coastal areas, such as a shift in diet towards processed foods, lack of nutrition education, and low variety of fish processing.
18	Analysis of Determinants of Stunting Incidence in the Limboto Lake Coastal Area by Mutia Reski Amalia, Nuryani, Sofyawati D. Talibo, and Denny Indra Setiawan, Published in 2023.	Lake Limboto Coastal Area, Gorontalo City, Gorontalo Province.	The incidence of stunting as a dependent variable and determinant factors such as socioeconomic, environmental sanitation, medical history, and feeding patterns as independent variables.	Cross-Sectional with Accidental Sampling Technique for 225 Toddlers.	. Factors associated with stunting were birth weight, birth length, nutritional status monitoring in the last 3 months, and history of illness in the last 12 months, while household income, social assistance, latrine use, water quality, history of exclusive breastfeeding, and basic immunization had no significant association with stunting.
19	Problems of Stunting Factors in Coastal Areas (Policy Study in Central Buton Regency in 2022) by Azhari, La Ode Dedihasriadi, and Muis in 2022.	In Central Buton District, Southeast Sulawesi Province.	Factors affecting stunting in coastal areas.	Policy Studies with a Qualitative Approach.	The results showed that stunting in the coastal areas of Central Buton Regency is influenced by economic factors, parenting patterns, food access, and local government policies in combating stunting.
20	Risk Factors for Stunting in Coastal Communities of South Sulawesi by Hasmyati, Nurul Fadilah Aswar, Annisa Paramaswaty Aslam, Rahmat Riwayat Abadi, and Nur Indah Atifah Anwar in the Year Not Mentioned.	In the Coastal Region of South Sulawesi.	Risk Factors Contributing to the Incidence of Stunting in Coastal Communities.	Quantitative Methods with Statistical Analysis.	The results showed that the incidence of stunting in coastal communities in South Sulawesi was influenced by nutritional, environmental, socioeconomic, and parenting factors.

Discussion

Stunting is one of the health problems that is still a serious concern in Indonesia, especially in coastal areas that have limited access to nutritious food sources, adequate health services, and basic infrastructure that supports optimal growth and development of children. Stunting itself is defined as a condition of growth failure that occurs in children due to chronic malnutrition from the womb until the age of two, which is characterized by a shorter height than the age standard. This condition not only affects physical growth, but also affects cognitive development, endurance, and future productivity of children, which in turn can contribute to the low quality of human resources in a region. (Azhari, Dedihasriadi, and Muis, 2024).

Factors Causing Stunting in Coastal Areas

Community Consumption Patterns and Local Food Utilization

Coastal communities have access to protein-rich marine resources, such as fish, but their utilization is still low due to lack of nutrition education and consumption habits of processed foods (Nirmala and Octavia, 2022) Efforts such as diversification of fish-based products, for example the STUNFISH program in Makassar, are proven to increase public awareness of the importance of seafood consumption to prevent stunting (Askar, Irawati, Azizah, and Selatan, 2024).

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Socioeconomic Factors and Maternal Education

The mother's education level plays a significant role in determining parenting and child nutrition. A study in Pasuruan district showed a strong association between mothers' education level in nutrition processing and the incidence of stunting (Dwining, Kusuma, Puspitasari, and Nastiti, 2022) In addition, low economic conditions often limit families' access to nutritious food and health services (Fadhilah, 2024).

Sanitation and Environment

Poor environments, such as low water quality and lack of sanitation facilities, contribute to high rates of stunting. Studies in Lake Limboto show that factors such as health history, nutritional status monitoring, and environmental sanitation have a significant association with the incidence of stunting (Amalia et al., 2023).

Prevention and Intervention

Nutrition Education and Community Assistance

Nutrition education programs provided to communities and posyandu cadres in coastal areas have been shown to increase community awareness and understanding of stunting. For example, in Karawang, the increase in knowledge of posyandu cadres after nutrition training showed significant results. (Sefrina, Kurniasari, and Elvandari, 2023).

Utilization of Local Resources

Local food utilization programs in Gunungkidul and Medan Belawan showed positive results in changing community consumption patterns. In Gunungkidul, the implementation of the Sustainable Food Home Area (KRPL) helped improve the nutritional status of toddlers (Suryati, Sarni Anggoro, Amyati, Khoerunisa, 2022) while in Medan Belawan, tuna-based food innovations helped meet the protein needs of children (Inclusion, Muslim, Law, and Child, 2022).

Government Policies and Programs

Local government policies also play an important role in stunting prevention efforts. A study in Central Buton District shows that food access, parenting, and government intervention are the determinants of the success of stunting programs in coastal areas. (Aisyah and Rahfiludin, 2019).

Conclusion

An analysis of 20 journals showed that stunting remains a major health problem in coastal areas, especially in areas with low food security and limited health access. The main factors contributing to the incidence of stunting include insufficient nutritional intake, low levels of maternal education, poor sanitation conditions, and limited access to health services.

The most effective prevention strategies involve nutrition education to the community, utilization of local food, and empowerment of posyandu cadres in monitoring child growth and development. In addition, improving access to health services and environmental sanitation are also important factors in reducing the incidence of stunting in coastal areas.

Declaration Conflicting Interest

The authors have no conflicts of interest to declare.

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