

META-ANALYSIS THE EFFECT OF COMPLEMENTARY FEEDING DIVERSITY ON STUNTING IN CHILDREN AGED 6-59 MONTHS

Isna Yuswella Babys

Masters Program in Public Health, Universitas Sebelas Maret

ABSTRACT

Background: Dietary diversity is a major requirement if children are to get all essential nutrients. It can be used as a core indicators when assessing feeding practices and nutrition of children. The purpose of this study was to examine the effect of complementary feeding diversity on stunting in children aged 6-59 months.

Subjects and Method: A meta-analysis study was formulated using PICO. Population was children aged 6-59 months, intervention was lack of diversity of complementary feeding, comparison was food diversity of complementary feeding, and outcome was stunting. Articles searched from Google Scholar, PubMed, Springer Link, and Research Gate databases. Keywords used "complementary Feeding practice" OR "dietary diversity" AND "Stunting". The inclusion criterias were full text, children under five, observational study, and reporting Adjusted Odds Ratio (aOR). The data were assessed using RevMan 5.3.

Results: A meta-analysis of 12 studies found that lack of food diversity in complementary feeding practice increased the risk of stunting 1.72 times compared with diversity food of complementary feeding (aOR= 1.72; 95% CI= 1.54 to 1.92; $p < 0.001$).

Conclusion: There is a need of food variety in complementary feeding practice to reduce the risk of stunting in children under five.

Keywords: complementary feeding, food diversity, stunting.

Correspondence:

Isna Yuswella Babys. Masters Program in Public Health, Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta, Central Java 57126. Email: isnababys@gmail.com. Mobile: 082354707563.