

EXCLUSIVE BREASTFEEDING AND ITS CORRELATION WITH STUNTING IN CHILDREN UNDER FIVE IN INDONESIA: A META-ANALYSIS

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ABSTRACT

Background: Over the past decade in Indonesia, there has been little change in the national prevalence of child stunting, which is approximately 37%. There are numerous potential causes of stunting in Indonesia, including proximate factors such as maternal nutritional status, breastfeeding practices, complementary feeding practices, and exposure to infection as well as related distal determinants such as education, food systems, health care, and water and sanitation infrastructure and services. This study aimed to identify exclusive breastfeeding and its correlation with stunting in children under five in Indonesia.

Subjects and Method: A research question was arranged for systematic review and meta analysis, i.e Population (P): children under five; Intervention (I): exclusive breastfeeding; Comparison (C)= non-exclusively breastfed; Outcome (O)= stunting. Full text article of case control studies were collected from google scholar database using keywords “exclusive breastfeeding” AND “stunting”. The eligible studies were quantitatively assess using Review Manager 5.3.

Results: 9 studies from Indonesia were met the criteria for meta-analysis. This study found that infants who received exclusive breastfeeding had lower risk to stunting than infants who non-exclusively breastfed (OR= 0.12; 95%CI= 0.06 to 0.27; p<0.001).

Conclusion: Exclusive breastfeeding lowers the risk of stunting in children under five in Indonesia.

Keywords: exclusive breastfeeding, stunting

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