

ASSOCIATION BETWEEN BREASTFEEDING AND STUNTING AMONG CHILDREN AGED 2-12 YEARS IN NORTH SUMATERA

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ABSTRACT

Background: Approximately 150.8 million children in the world are stunted. The prevalence of stunting in Indonesia was estimated at 37.2% in 2013 and 30.8% in 2018. Stunting has long-term effects on individuals and societies, including poor cognition and educational performance, low adult wages, lost productivity. This study aimed to determine the association between early initiation of breastfeeding and exclusive breastfeeding with the incidence of stunting among children aged 2-12 years in North Sumatera.

Subjects and Method: A cross-sectional study was carried out at a fisherman village in Belawan District, Medan, North Sumatera. A total of 180 children aged 2-12 years were selected for this study. The dependent variable was stunting. It was measured by height for age using the CDC growth chart. The independent variables were early initiation of breastfeeding (i.e provision of colostrum) and exclusive breastfeeding. The data on breastfeeding history were collected by a questionnaire. The association between variables were tested by Chi-Square.

Results: Both early initiation of breastfeeding and exclusive breastfeeding were associated with reduced incidence of stunting in children aged 2-12 years, and they were statistically significant.

Conclusion: Both early initiation of breastfeeding and exclusive breastfeeding has associated with reduced incidence of stunting in children aged 2-12 years.

Keywords: stunting, early initiation of breastfeeding, exclusive breastfeeding, children.

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