

## Overview of Nutritional Status in Babies in Kampong Jawa, Langsa City District, Langsa City in 2026

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### ABSTRACT

Children's health and growth can be effectively measured through indicators of infant nutritional status. The problem of malnutrition, both in the form of malnutrition and overnutrition, remains a crucial issue for public health because it risks inhibiting growth and development and triggering chronic diseases in the future. Therefore, it is necessary to map the nutritional status of infants in Gampong Jawa, Langsa City District, as a basis for making accurate nutritional intervention policies. This study was conducted to describe the nutritional status of infants in Gampong Jawa, Langsa City District, for the period of 2026. The objectives of this study consist of general objectives and special objectives, which are as follows. This study adopted a descriptive quantitative approach with a cross sectional design of 75 infant subjects. The instruments used include digital scales and microtoises for weight and height measurement, as well as observation sheets in the form of checklists. Data analysis was carried out univariate to present a picture of the frequency distribution and percentage values of the variables studied. Most of the babies had a normal nutritional status of 60.0%, while 20.0% of the babies were classified as thin, 6.7% were very thin, and 13.3% were obese. This shows that there are still babies with abnormal nutritional status both in the form of deficiency and overnutrition.

**Keywords:** Infant Nutritional Status, BMI, Anthropometry, Infant

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Received:	Revised:	Accepted:	Available online:
01.01.2026	20.03.2006	01.04.2006	01.06.2026

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## INTRODUCTION

Malnutrition in infants is still a global health issue that has an impact on increasing child morbidity and mortality. Forms of nutritional problems include stunting, wasting, underweight, and overnutrition which reflect the occurrence of a double burden of malnutrition (Triana, 2022). In Indonesia, the government has made various efforts through the Healthy Living Community Movement (Germas) program and the Community Nutrition Improvement Program to increase awareness of balanced nutrition consumption and monitoring of nutritional status (Swasana, 2024). However, Riskesdas 2018 data shows that the prevalence of malnutrition and wasting in babies is still quite high, namely 17.7% and 10.2%, respectively.

Infant nutritional status is an important indicator of child growth and health which is influenced by nutritional intake, feeding patterns, health conditions, and maternal factors. Exclusive breastfeeding for 0–6 months plays an important role in meeting the nutritional needs of babies (Setyorini & Lieskusumastuti, 2021). Child nutrition plays a fundamental role in determining health, growth, and cognitive development across the life course (Nasution et al., 2026). Previous research by Saba et al. (2020) also showed that babies with malnutrition and undernutrition status were still found at the basic health service level.

Based on these conditions, this study was conducted to find out the picture of the nutritional status of babies in Kampong Jawa, Langsa City District, Langsa City in 2026. The results of the research are expected to be a source of information for health workers and the government in planning more effective and targeted nutrition interventions. Infant nutrition is still a global health issue that requires serious attention. According to the World Health Organization, nutritional disorders such as stunting, wasting, and underweight are the main factors that contribute to the increasing rates of illness and death in infants and children. In addition to malnutrition, malnutrition problems are also increasing in various countries, reflecting the double burden of malnutrition which has an impact on the quality of human resources in the future (Nomira, 2024).

In Indonesia, nutrition problems are still a big challenge in health development. The government has made various efforts to overcome this

problem, one of which is through the Healthy Living Community Movement (Gerimas) program which aims to increase public awareness of the importance of a healthy lifestyle, including the consumption of balanced nutritious foods (Nomira, 2024). In addition, the Ministry of Health also runs a Community Nutrition Improvement Program that focuses on nutrition education, increasing physical activity, and monitoring nutritional status on a regular basis (Swasana, 2024).

Based on Basic Health Research data in 2018, the prevalence of malnutrition and wasting in infants in Indonesia reached 17.7% and 10.2%, respectively, this figure is still above the threshold set by WHO. In addition, data from the Ministry of Health shows that the nutritional status of babies aged 0–59 months consists of 3.9% malnourished, 13.8% undernourished, 79.2% good nutrition, and 3.1% overnutrition. This shows that the problem of infant nutrition in Indonesia is still not fully resolved.

The nutritional status of the baby is an important indicator in assessing the health and growth condition of the child. Nutritional status can be classified into four categories, namely malnutrition, undernutrition, good nutrition, and overnutrition. This condition is influenced by various factors, including nutritional intake, feeding patterns, health conditions, and maternal factors before and during pregnancy. Adequate nutrition is very important for babies because it plays a role in supporting physical growth, brain development, and the immune system. Exclusive breastfeeding for 0–6 months is one of the important efforts to meet the nutritional needs of babies optimally (Setyorini & Lieskusumastuti, 2021).

Previous research has shown that the problem of infant nutritional status is still found in various regions in Indonesia. For example, research by Saba et al. (2020) in the working area of the Oesapa Health Center shows that there are still babies with malnutrition and undernutrition based on the indicator of weight by age (BB/U). This indicates that monitoring and intervention of infant nutritional status still needs to be improved, especially at the level of basic health services such as posyandu (Saba et al., 2020).

Based on these conditions, it is important to conduct research on the nutritional status of babies at the local level to obtain a more specific picture. Kampong Jawa, Langsa City District, Langsa City is one of the areas that needs attention regarding the nutritional status of babies, considering that the latest data describing the condition comprehensively

in 2026 is not available. Therefore, the researcher is interested in conducting a study entitled Overview of Nutritional Status in Infants in Kampong Jawa, Langsa City District, Langsa City in 2026. This research is expected to provide accurate information about the nutritional status of infants in the region, as well as be the basis for planning a more effective and targeted nutrition intervention program. In addition, the results of this study are also expected to be input for health workers in improving efforts to monitor and handle infant nutrition problems.

## **METHOD**

This study uses a quantitative descriptive approach with a cross-sectional design, which aims to describe the nutritional status of the infant at a certain time. The research was conducted in Gampong Jawa, Langsa City District, Langsa City in February 2026 through posyandu activities and home visits with ethical principles (Huda, C., 2017 & Huda et al., 2025). The population in this study is all babies aged 0-12 months who live in Gampong Jawa, as many as 243 babies, based on the Posyandu data in 2026. The sampling technique used was purposive sampling by determining the number of samples using the Slovin formula so that as many as 70 babies were obtained as study respondents. The inclusion criteria include infants aged 0–12 months who are domiciled in Gampong Jawa and parents who are willing to become respondents. The exclusion criteria are infants who have congenital diseases that affect weight or height, as well as infants with chronic diseases such as diabetes or other metabolic disorders. The data obtained was analyzed univariately through the stages of editing, coding, entry, and tabulating. The results of the analysis are presented in the form of frequency and percentage distribution tables to describe the nutritional status of infants in Gampong Jawa, Langsa City District, Langsa City in 2026.

## **RESULTS AND DISCUSSION**

This study involved 75 babies as a sample that had met the inclusion criteria. The data collected then goes through a series of processing procedures, ranging from editing, coding, data entry, to pentabulation. The final stage of the analysis uses a univariate approach to describe the frequency and percentage distribution of each variable.

**Tabel 1. Frequency Distribution of Infant Nutritional Status in the Kampong Jawa area, Langsa City District in 2026**

Nutritional Status	Frequency (f)	Percentage (%)
Very Skinny	5	6,7
Skinny	15	20,0
Normal	45	60,0
Fat	10	13,3
<b>Quantity</b>	<b>75</b>	<b>100%</b>

Data source: Processed by the author, 2026

Most of the babies have normal nutritional status (60.0%), but there are still undernourished and very thin babies (26.7%), as well as obese babies (13.3%) who need attention in monitoring growth and development.

**Table 2. Distribution of Infant Nutritional Status by Category**

Nutrition Status Categories	Frequency (f)	Percentage (%)	Nutrition Status Categories
Normal	45	60,0	Normal
Abnormal	30	40,00	Abnormal
<b>Quantity</b>	<b>75</b>	<b>100%</b>	<b>Quantity</b>

Data source: Processed by the author, 2026

Most babies have normal nutritional status (60.0%), but there are still 40.0% of babies with abnormal nutritional status, both thin and obese, so attention is needed to monitor the growth and fulfillment of infant nutrition.

## DISCUSSION

This study aims to determine the overview of the nutritional status of babies in Kampong Jawa, Langsa District in 2026 based on BMI by age. The results of the study showed that most babies had normal nutritional status, but there were still babies with undernutrition, severe thinness, and overnutrition. This condition indicates that the nutritional status of babies in the study area still requires continuous attention and monitoring. Normal nutritional status in babies indicates that nutritional needs are generally well fulfilled. This condition can be influenced by optimal exclusive breastfeeding, appropriate complementary feeding (MP-ASI) according to the baby's age and nutritional needs, and parents' attention to the child's dietary patterns and health conditions. Babies with normal nutritional status also indicate that the growth and development

process is progressing well according to their developmental stage (UNICEF, 2023; WHO, 2023).

However, the finding of babies with thin and severely thin nutritional status indicates that malnutrition problems still occur in the community. This condition may be caused by inadequate intake of nutritious foods, inappropriate feeding practices, low feeding frequency, and infectious diseases that interfere with nutrient absorption. In addition, family economic factors and low maternal knowledge regarding infant nutritional needs can also contribute to malnutrition among babies (Black et al., 2023). On the other hand, the study results also showed that some babies had overnutrition status. This condition illustrates excessive energy intake compared to the baby's nutritional needs. Excessive feeding of foods high in sugar and fat, inappropriate formula feeding practices, and lack of physical activity may contribute to overnutrition in babies. If not controlled early, this condition may increase the risk of obesity and non-communicable diseases in childhood and adulthood (CDC, 2024).

The nutritional status of babies is influenced by various direct and indirect factors. Direct factors include nutritional intake and infant health conditions, while indirect factors include maternal education, nutritional knowledge, parenting practices, environmental sanitation, health services, and family socioeconomic conditions. Therefore, efforts to improve infant nutritional status should not only focus on food intake but also require environmental support and adequate health services (UNICEF, 2023; Ministry of Health Indonesia, 2024). Health services, especially integrated health service posts (Posyandu), play an important role in monitoring infant growth and development. Through activities such as weight monitoring, body length measurement, and nutrition education for parents, nutritional problems in babies can be detected early. In addition, health workers play a role in providing counseling regarding the importance of exclusive breastfeeding, proper complementary feeding, immunization, and prevention of infectious diseases (Ministry of Health Indonesia, 2024). The results of this study indicate that monitoring infant nutritional status and education regarding breastfeeding, complementary feeding, and good parenting practices need to be continuously improved to prevent nutritional problems among babies. Cooperation between health workers, families, and the community is needed to support optimal infant growth and development in order to create a healthy and high-quality generation.

## CONCLUSION

Based on the results of research on the nutritional status of babies in Kampong Jawa, Langsa City District in 2026, it can be concluded that most babies have normal nutritional status based on the BB/U indicator. This shows that the condition of the baby's nutritional status in general is good, but there is still a need for attention and continuous efforts to prevent nutritional problems in babies. Several factors influence the nutritional status of babies, including breastfeeding practices, dietary intake, maternal knowledge, environmental sanitation, household socioeconomic conditions, and access to healthcare services. Therefore, improving infant nutritional status requires an integrated approach involving families, healthcare providers, community leaders, and local government institutions. Strengthening nutrition education, promoting exclusive breastfeeding, conducting regular growth monitoring, and improving environmental health conditions are essential strategies for achieving optimal child nutrition and supporting the healthy development of future generations.

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