

DETERMINAN GAGAL TUMBUH BERDASARKAN *COMPOSITE INDEX OF ANTHROPOMETRIC FAILURE* PADA BALITA DI KECAMATAN PANCORAN MAS DAN BOJONGSARI KOTA DEPOK

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Abstrak

Masalah gizi pada balita masih menjadi tantangan kesehatan masyarakat karena dapat menyebabkan gagal tumbuh yang ditandai oleh kegagalan antropometrik. Di Kota Depok, prevalensi *stunting* pada tahun 2024 mencapai 12.5%, yang masih disertai dengan kasus *underweight* dan *wasting*. Pengukuran menggunakan *Composite Index of Anthropometric Failure* (CIAF) mampu memberikan gambaran yang lebih komprehensif mengenai kejadian gagal tumbuh dibandingkan indikator antropometri tunggal. Penelitian ini bertujuan untuk menganalisis determinan kejadian gagal tumbuh berdasarkan CIAF pada balita di Kecamatan Pancoran Mas dan Bojongsari, Kota Depok. Penelitian menggunakan desain cross-sectional dengan 107 balita yang dipilih melalui cluster sampling. Data dikumpulkan melalui kuesioner, pengukuran antropometri, dan recall konsumsi pangan, kemudian dianalisis menggunakan uji *Chi-square* dan regresi logistik ganda. Prevalensi gagal tumbuh berdasarkan CIAF sebesar 32.71%. Analisis bivariat menunjukkan bahwa berat badan lahir ($p=0.027$) dan riwayat pemberian vitamin A ($p=0.047$) berhubungan dengan kejadian gagal tumbuh. Analisis multivariat menunjukkan bahwa berat badan lahir rendah merupakan determinan utama gagal tumbuh ($OR=5.745$; $95\%CI=1.513-21.880$; $p=0.010$), sedangkan ASI eksklusif merupakan faktor protektif ($OR=0.252$; $95\%CI=0.071-0.891$; $p=0.032$). Pencegahan gagal tumbuh perlu difokuskan pada pencegahan berat badan lahir rendah melalui peningkatan kesehatan ibu selama kehamilan serta penguatan promosi pemberian ASI eksklusif.

Kata Kunci: Balita, *Composite Index of Anthropometric Failure* (CIAF), Gagal tumbuh, Berat badan lahir, ASI eksklusif

DETERMINANTS OF GROWTH FAILURE BASED ON THE COMPOSITE INDEX OF ANTHROPOMETRIC FAILURE AMONG TODDLERS IN THE PANCORAN MAS AND BOJONGSARI SUBDISTRICTS, DEPOK CITY

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Abstract

Nutritional problems among toddlers remain a public health challenge because they can lead to stunting, characterized by anthropometric failure. In Depok City, the prevalence of stunting in 2024 reached 12.5%, which is still accompanied by cases of underweight and wasting. Measurements using the Composite Index of Anthropometric Failure (CIAF) provide a more comprehensive picture of stunting incidence compared to single anthropometric indicators. This study aims to analyse the determinants of stunting based on the CIAF among toddlers in the Pancoran Mas and Bojongsari subdistricts of Depok City. The study employed a cross-sectional design with 107 toddlers selected through cluster sampling. Data were collected via questionnaires, anthropometric measurements, and dietary recall, then analysed using the chi-square test and multiple logistic regression. The prevalence of stunting based on the CIAF was 32.7%. Bivariate analysis showed that birth weight ($p=0.027$) and a history of vitamin A supplementation ($p=0.047$) were associated with stunting. Multivariate analysis indicated that low birth weight was the primary determinant of stunting ($OR=5.745$; 95% CI = 1.513-21.880; $p = 0.010$), whereas exclusive breastfeeding was a protective factor ($OR = 0.252$; 95% CI = 0.071-0.891; $p = 0.032$). Efforts to prevent stunting should focus on preventing low birth weight by improving maternal health during pregnancy and strengthening efforts to promote exclusive breastfeeding.

Keywords: Children under Five, Composite Index of Anthropometric Failure (CIAF), Growth failure, Low-birth weight, Exclusive breastfeeding