



Correlation between Exclusive Breastfeeding and Nutritional Status of Children Aged 6-24 Months in the Service Area of Puskesmas Sadang Kebumen Regency

Dadag Agustin Andayani¹, Wulan Margiana²

^{1,2}Program Studi Kebidanan, Fakultas Ilmu Kesehatan, Universitas Muhammadiyah Purwokerto

¹astinwidiarso@gmail.com; ²wmargiana@gmail.com

ABSTRACT

Nutritional problems in children under five represent a complex and urgent global health issue, including in the area of Puskesmas Sadang, Kebumen Regency, where cases of underweight are most common despite an increase in exclusive breastfeeding rates. This study aims to examine the relationship between exclusive breastfeeding and the nutritional status of toddlers aged 6–24 months. The study used a quantitative approach with a cross-sectional study design involving 68 respondents selected from 386 mothers through proportional stratified random sampling. Data were collected in April 2025 from Posyandu in the Puskesmas Sadang area and analyzed using univariate and bivariate methods. Exclusive breastfeeding is the independent variable and toddlers nutritional status is the dependent variable. The results revealed that 80.9% of mothers provided exclusive breastfeeding, and 77.9% of toddlers had normal weight. Meanwhile, 17.7% were underweight or severely underweight, and 4.4% were at risk of being overweight. The Spearman correlation test showed a significant relationship between exclusive breastfeeding and the nutritional status of toddlers with a correlation coefficient score of $r = 0.631$ and $p = 0.000$ ($p < 0.05$).

Keywords: *exclusive breastfeeding, children under five, nutritional status*

1. INTRODUCTION

Nutrition problems in toddlers are a complex and urgent global health issue. According to the World Health Organization (WHO), approximately 144 million children under the age of five suffer from stunting, and 47 million are underweight (WHO, 2021). In addition to undernutrition, Indonesia is also confronted with the growing problem of overweight and obesity among children, adolescents, and primary school-aged individuals. According to the Directorate General of Public Health (2024), children under the age of five affected by malnutrition include

those who are stunted, wasted, underweight, and overweight.

According to Survei Kesehatan Indonesia of 2023, the rate of stunting in Indonesia remains quite high recorded at 14.1%. In Central Java Province, the 2023 data show that the prevalence of stunted children under five reached 20.8%, underweight at 10.9% and wasting at 6.9% (Dinkes Jawa Tengah, 2023). In Kebumen Regency, the stunting rate was 9.87% with underweight at 11.4% and wasting at 4.2% (Dinkes Kebumen, 2023). In Sadang Community Health Center (Puskesmas Sadang), nutritional problems reported in 2023 included 132 children under five suffering from stunting (11%), which marked a 1% increase

Dadag Agustin Andayani.

Tel.: -

Email: stinwidiarso@gmail.com

This work is licensed under a [Creative Commons Attribution-Share Alike 4.0](https://creativecommons.org/licenses/by-sa/4.0/)



from 2022. In addition to stunting, 5.8% of children were affected by wasting, while the most prevalent nutritional issue was underweight, affecting 12.2% of toddlers.

World Health Organization (WHO) recommends exclusive breastfeeding during the first six months of life to improve children's nutritional status, followed by continuous nursing with adequate complementary feeding up to 24 months of age (WHO, 2021). In the last five years, the exclusive breastfeeding rate for infants aged 0-6 months in Kebumen Regency was recorded at 66.95% in 2019, 75.6% in 2020, 78.07% in 2021, 78.2% in 2022, and 77.53% in 2023. At Puskesmas Sadang the exclusive breastfeeding rate for infants aged 0–6 months was 76% in 2022 and increased to 78.3% in 2023 (Puskesmas Sadang, 2023). Research has shown that exclusive breastfeeding has a significant positive effect on children's nutritional health. Children who receive exclusive breastfeeding tend to have a lower risk of undernutrition compared to those who do not. This finding reinforces the benefits of breastfeeding in preventing malnutrition among children under five (Abolurin et al., 2021).

According to the information provided, the author conducted research to investigate the relationship between exclusive breastfeeding and the nutritional status of children aged 6 to 24 months in Puskesmas Sadang, Kebumen Regency. This research aims to examine the relationship between exclusive breastfeeding and the nutritional status of toddlers aged 6–24 months in Puskesmas Sadang, Kebumen Regency.

2. METHODS

This research used a quantitative approach with a cross-sectional study design. In this research, exclusive breastfeeding served as the independent variable, while the nutritional status of children under five was the dependent variable.

The study was conducted from April to May 2025 at integrated health service posts (Posyandu) located within the working area of Puskesmas Sadang, Kebumen, Central Java. The research population consisted of 386 mothers who has a toddlers aged range 6 to 24 months in Puskesmas Sadang. The formula for

determining the number of samples from each sub-population is the number of members of a stratum in the population divided by the total number of members of the population then multiplied by the number of samples.

The working area of Puskesmas Sadang consists of 7 villages with a total of 386 toddlers aged 6-24 months, details of the sample size per village can be seen in table 1.

Table 1. Sample Size Details per Village

No	Village	Number of samples
1	Pucangan	12
2	Seboro	24
3	Wonosari	8
4	Sadangkulon	8
5	Cangkring	5
6	Sadangwetan	5
7	Kedunggong	6
	Total	68

The number of samples from proportional stratified random sampling was 68 individuals which meets the inclusion and exclusion criteria can be seen in table 2.

Table 2. Inclusion and Exclusion Criteria of Respondents

Inclusion Criteria	Exclusion Criteria
1. Mothers who have toddlers aged 6 to 24 months	1. Mothers who were not present at the study site.
2. Mothers who are willing to be respondents	2. Toddlers with congenital/inherited diseases
	3. Toddlers who were ill at the time of data collection
	3. Infants with a history of premature birth

Researchers conducted the study at the integrated health post (Posyandu) within the area Puskesmas Sadang according to the established schedule. Implementation at the Posyandu included providing an explanation, and mothers of toddlers signed a provided informed choice form and completed a questionnaire. Then, researchers measured the weight and height of the toddlers with the assistance of the village midwife on duty at the Posyandu. For anthropometric equipment, all Posyandus within the area of Puskesmas Sadang received anthropometric kits in August 2023.

The instrument in this study used to measure the variable of exclusive breastfeeding was a questionnaire with two groups, namely exclusive breastfeeding and non-exclusive breastfeeding. The instrument used to assess the nutritional status of children was weight measurement using a digital baby scale and length measurement using an infantometer board. The infantometer used in this study was newly acquired and had not undergone external calibration. However, the physical condition and scale markings of the instrument were inspected before using it and measurements were performed consistently to minimize potential measurement errors. The Spearman's rank correlation coefficient was used in bivariate analysis to examine the correlation between the exclusive breastfeeding as independent variable and the nutritional status as dependent variable. This research has obtained ethical clearance from Muhammadiyah University of Purwokerto with letter number KEPK/UMP/202/III/2025. The research design adheres to ethical research principles and recognized as valid.

3. RESULT AND DISCUSSION

RESULT

Table 3. Frequency Distribution by Age

No	Age	f	%
1	< 20 years	4	5,90
2	20 – 35 years	58	85,30
3	> 20 years	6	8,80

Based on table 3, the largest proportion of mothers is in the age range of 20–35 years, totaling 58 respondents (85.3%). There were 4 respondents (5.9%) under the age of 20 and 6 respondents (8.8%) over the age of 35.

Table 4. Frequency Distribution by Employment Status

No	Employment	f	%
1	Employed	3	4,42
2	Unemployed	65	95,58

Based on table 4, most mothers were unemployed totaling 65 respondents (95.4%), while only 3 respondents (4.4%) were employed.

Table 5. Frequency Distribution by Educational Level

No	Pendidikan	f	%
1	Primary School	23	33,80
2	Junior High School	22	32,40
3	Senior High School	21	30,90
4	Higher Education	2	2,90

Based on table 5, most mothers have completed elementary school education (SD) totaling 23 respondents (33.8%). A total of 22 respondents (32.4%) had a junior high school (SMP) education, 21 respondents (30.9%) had completed senior high school (SMA), and 2 respondents (2.9%) had a higher education degree.

Table 6. Frequency Distribution by Number of Children

No	Number of Children	f	%
1	1	29	42,60
2	2	29	42,60
3	> 3	10	14,70

Based on table 6, the largest proportion of respondents had either one child (29 respondents, 42.6%) or two children (29 respondents, 42.6%). Meanwhile, 10 respondents (14.7%) had more than three children.

Table 7. Frequency Distribution by Income Level

No	Income Level	f	%
1	< Rp2.259.873,-	31	45,60
2	≥ Rp2.259.873,-	37	54,40

Based on table 7, 31 respondents (45.6%) had an income below Rp2.259.873, while 37 respondents (54.5%) had an income equal to or above Rp2.259.873. This income threshold reflects the regional minimum wage (Upah Minimum Regional/UMR) of Kebumen Regency for the year 2024.

Table 8. Frequency Distribution of Exclusive Breastfeeding Status

No	Status	f	%
1	Non-Exclusive Breastfeeding	13	19,10
2	Exclusive Breastfeeding	55	80,90

Based on table 8, 13 respondents (19.1%) did not practice exclusive breastfeeding, while 55 respondents (80.9%) provided exclusive breastfeeding.

Table 9. Frequency Distribution of Nutritional Status Based on Weight-for-Age (W/A)

No	Weight	Cut-off z-score	f	%
1	Severely Underweight	<-3 SD	4	5,90
2	Underweight	-3 SD s/d <-2 SD	8	11,800
3	Normal Weight	-2 SD s/d +1SD	53	77,90
4	At Risk of Overweight	>+1 SD	3	4,40

Based on table 9, the majority of toddlers had a normal nutritional status, totaling 53 children (77.9%). Children classified as

severely underweight accounted for 4 (5.9%), those underweight totaled 8 (11.8%), and 3 children (4.4%) were at risk of overweight.

Table 10. Cross-tabulation of Exclusive Breastfeeding and Nutritional Status of Infants Based on Weight-for-Age (W/A)

Exclusive Breastfeeding	Nutritional Status Based on Weight-for-Age (W/A)										p value	r
	Severely Underweight		Underweight		Normal Weight		At Risk of Overweight		Total			
	f	%	f	%	f	%	f	%	f	%		
Non-Exclusive Breastfeeding	4	5.9	5	7.3	4	5.9	0	0	13	19.1	0.000	0.631
Exclusive Breastfeeding	0	0	3	4.4	49	72.1	3	4.4	55	80.9		
Total	4	5.9	8	11.7	53	78	3	4.4	68	100		

Based on table 10, out of 68 respondents, it was found that 55 toddlers (80.9%) received exclusive breastfeeding dan 13 children (19.1%) did not receive exclusive breastfeeding. Among the group that received exclusive breastfeeding, most children had normal nutritional status, totaling 49 children (72.1%), followed by underweight (3 children, 4.4%) and overweight (3 children, 4.4%). No children in this group were classified as severely underweight. Conversely, in the group that did not receive exclusive breastfeeding, the distribution of nutritional status was more varied, with 4 children (5.9%) classified as severely underweight, 5 children (7.3%) as underweight, and 4 children (5.9%) with normal nutritional status. No children in this group were classified as overweight.

The statistical test results show that the p-value < 0.001. These results indicate that there is a significant correlation between exclusive breastfeeding and toddlers weight status. The strong and positive relationship between the two variables is demonstrated by a Spearman correlation coefficient of 0.631.

DISCUSSION

a. Exclusive Breastfeeding Practices in the Working Area of Puskesmas Sadang, Kebumen Regency

Based on table 6 indicate that the exclusive breastfeeding program practices in Puskesmas Sadang area has been highly successful. Exclusive breastfeeding in this area is recorded to be more optimal compared to the national average. The achievement in Puskesmas Sadang has also exceeded the target set in the Strategic Plan of the Ministry of Health for the 2020–2024 period. This condition may be related to promotional and educational efforts regarding the importance of exclusive breastfeeding, as well as community and healthcare support in practicing exclusive breastfeeding in accordance with government recommendations (Kementerian Kesehatan RI, 2023).

The study by Angraini et al. (2022) reported that exclusive breastfeeding in several regions of Indonesia shows an increasing trend, although there are still significant variations

between regions. The high coverage of exclusive breastfeeding in this area aligns with findings indicating that more mothers are becoming aware of the importance of providing exclusive breastfeeding to support optimal growth and development in their children.

Exclusive breastfeeding also contributes to family economic savings by reducing the need to purchase infant formula (Khotimah et al., 2024). According to the study by Mar'atun Ulaa (2020), breastfeeding is a complex biological fluid that contains all the essential nutrients necessary for a toddlers physical growth.

The high coverage of exclusive breastfeeding in the Puskesmas Sadang area is also closely related to the characteristics of the respondents, who generally support exclusive breastfeeding practices. Mothers in the 20–35 age group are, both physiologically and psychologically, more prepared to face the challenges of breastfeeding than mothers who are too young or older, thus contributing to the success of exclusive breastfeeding.

Aside from age factors, the mother's employment status also plays a significant role in supporting successful exclusive breastfeeding. This condition provides mothers with the flexibility of time to focus on parenting and meeting the baby's needs, including direct breastfeeding. his finding is consistent with research published by Agushybana (2020) in the *Journal Kesehatan Masyarakat*, which states that compared to mothers who work outside the home, housewives have more opportunity to provide exclusive breastfeeding.

To support exclusive breastfeeding, the family's financial stability is also important. The data analysis findings show that more than half of the respondents had a family income above the UMR Kebumen 2024. This indicates that most families are able to meet basic household needs without requiring the mother to work outside the home.

The fact that most mothers only attained primary to secondary formal education levels does not appear to hinder the successful implementation of exclusive breastfeeding practices. This indicates that health education and outreach programs delivered by healthcare providers whether through community-based

maternal and child health posts or local health centers have effectively reached mothers across all education levels. This success is also supported by the family composition, which generally includes a small number of children. With fewer children, mothers are able to focus their attention and energy more optimally on caring for and breastfeeding their babies.

Although the majority of mothers are able to provide exclusive breastfeeding, there are still some who are unable to do so for their children. This condition indicates that challenges in the practice of exclusive breastfeeding remain and require special attention to ensure that every child receives their right to optimal nutrition from an early age.

b. Nutritional Status of Children Aged 6 – 24 Months in the Working Area of Puskesmas Sadang Kebumen Regency

Based on the data analysis presented in table 7, it can be seen that the majority of toddlers in the area of study have good nutritional status. This conclusion is drawn from their weight being appropriate for their age. Only a small proportion of children were found to experience nutritional problems, such as being underweight, severely underweight, or at risk of being overweight. These findings indicate that, in general, the nutritional condition of children in this area is relatively good and aligns with the national trend, where most children in Indonesia fall into the normal weight-for-age category.

This generally favorable nutritional status is associated with a supportive caregiving environment, which is closely linked to the characteristics of mothers as the primary caregivers of young children. One such factor is maternal age, where the most participants are within the 20-35 age range. This age group represents an optimal reproductive period. Kusumawati et al. (2023) stated that mothers in this age group tend to have better knowledge and practices related to child feeding.

From the results of the data analysis, it can be seen that most mothers do not have jobs outside the home, allowing them more flexibility in managing time to prepare nutritious food and directly monitor their children's eating patterns. Handayani and Sartika (2019) found that housewife tend to

provide more intensive care and better fulfill the nutritional needs of toddlers compared to mothers who work outside the home.

Most families in this study had an income equal to or above the Regional Minimum Wage, allowing them to maintain stable economic conditions. This financial stability enabled easier access to nutritious food and essential health services needed for the child's growth and development. Research by Adriani and Kartika (2020) also confirmed that the ability of parents to give nutrition needs of their children's is greatly influenced by the family's income level.

The majority of mothers in this study had an educational background at the elementary to secondary level, with only a small proportion having attained higher education. Nevertheless, the generally good nutritional status of the children suggests that formal education is not the sole determinant in meeting children's nutritional needs. Many mothers were still able to acquire knowledge about child nutrition through non-formal sources, such as posyandu activities, health education sessions, and community empowerment programs regularly held in their neighborhoods. These results are consistent with research by Novitasari et al. (2021), which confirms that access to nutritional information through non-formal channels can help overcome the limitations posed by low formal education levels.

In this study, the majority of families had one to two children. A smaller number of children allows families to concentrate their resources such as attention, time, and finances on each child. This condition is associated with better fulfillment of nutritional needs. Lestari and Dwi (2022) stated that families with fewer children tend to be better able to give the basic needs of their children including nutrition and health.

The relatively good nutritional status of toddlers observed in this study can be directly associated with several supportive maternal and household characteristics, including the mother's productive age, her role as a housewife, adequate household income, and a relatively small number of children. However, the presence of toddlers with undernutrition and severe undernutrition indicates that nutritional challenges still exist and must be addressed

through educational interventions and the strengthening of sustainable public health services.

c. The correlation between exclusive breastfeeding and the nutritional status of children aged 6–24 months

The results of the bivariate analysis in this research show a statistically significant effect of exclusive breastfeeding practices on children's weight status measured by the weight-for-age indicator.

In the group of toddlers who did not receive exclusive breastfeeding, there was a higher proportion in the very underweight and underweight categories. Only a small portion of this group had a normal weight status, and no children were classified as overweight. These findings suggest that the absence of exclusive breastfeeding was associated with a higher proportion of children experiencing growth disturbances, particularly undernutrition. Conversely, the majority of children who received exclusive breastfeeding had normal weight status. Only a few of them were underweight, and no cases of severely underweight were identified. Additionally, a small number of children in this group were categorized as overweight.

This pattern highlights the critical role of exclusive breastfeeding in supporting balanced child growth and development. This is same with the research by Putri et al. (2022), which reported that exclusive breastfeeding significantly contributes to achieving normal weight in early childhood. Exclusive breastfeeding is known to provide complete essential nutrients that are easily absorbed and precisely suited to the needs of infants, making it highly effective in promoting optimal growth during the early stages of life. Children who do not receive exclusive breastfeeding are at a higher risk of being underweight due to an imbalanced nutritional intake (Rahayu et al., 2021). Moreover, exclusive breastfeeding strengthens the child's immune system, thereby reducing the risk of infections and illnesses that could potentially lead to weight loss (Kementerian Kesehatan RI, 2021).

The Spearman correlation test shows a significant relationship between the practice of exclusive breastfeeding and the nutritional

status of toddlers based on the weight-for-age indicator (W/A). The correlation was positive, indicating that the more consistent and appropriate the practice of exclusive breastfeeding, the greater the likelihood that the child will achieve normal weight status. According to the correlation strength interpretation by Dahlan (2023), this association falls into the category of strong and direct correlation. Therefore, it can be concluded that a strong and positive association was observed between exclusive breastfeeding and the nutritional status of young children. This finding signifies a statistically significant relationship between exclusive breastfeeding and the nutritional status of children aged 6–24 months in the working area of Puskesmas Sadang, Kebumen Regency. The strong and positive association further reinforces that proper and consistent exclusive breastfeeding practices have a beneficial impact on fulfilling nutritional needs and promoting healthy growth in infants. These results are consistent with the findings of Nurbaya et al. (2019), who also reported that exclusive breastfeeding is significantly associated with the incidence of underweight in children under five years of age.

This study shows that exclusive breastfeeding is significantly associated with better nutritional status in toddlers, particularly in preventing underweight. Children who received exclusive breastfeeding were more likely to maintain normal weight compared to those who did not, which is consistent with previous studies highlighting its role in preventing malnutrition and supporting optimal growth (Khan & Islam, 2017). Exclusive breastfeeding not only provides complete and easily absorbed nutrients but also protects infants from infections that may hinder weight gain.

However, this association may be influenced by confounding factors such as socioeconomic status, maternal education, and maternal occupation. Families with higher income generally have better access to food and health services. Yimer & Liben (2021) specifically found that socioeconomic disparities strongly influence exclusive breastfeeding practices in Indonesia, with mothers from wealthier households being more likely to breastfeed exclusively. In addition, maternal education has also been shown to play

a role. Concha & Jovchelovitch (2021) demonstrated that higher levels of maternal education were consistently associated with lower inequities and better breastfeeding practices in low- and middle-income countries. Furthermore, mothers who do not work outside the home often have more opportunities to breastfeed exclusively compared to working mothers.

This study has several limitations, including its cross-sectional design, which only allows interpretation of associations rather than causality, a relatively small sample size, and possible recall bias in reporting exclusive breastfeeding history. Despite these limitations, the findings underscore the importance of exclusive breastfeeding as a key strategy to support child nutrition, while also highlighting the need for broader interventions that address socioeconomic inequalities and provide support for working mothers.

CONCLUSION

The conclusions that can be made based on the data and research results are:

1. The majority of respondents were mothers aged range 20 to 35 years (85.3%), unemployed (95.5%), and most had completed only primary education (33.5%). In addition, the majority of respondents had one or two children (each at 42.6%), and more than half reported a monthly household income equal to or greater than IDR 2,258,873 (54.5%).
2. The rate of exclusive breastfeeding was relatively high is 80.9%.
3. The majority of children in this research were classified within the normal weight category (77.9%), as measured by the weight-for-age (W/A) indicator.
4. Based on bivariate analysis that used the Spearman rank correlation test, a strong and statistically significant correlation was found between exclusive breastfeeding and the nutritional status of toddlers based on weight for age (W/A) indicator. This was evidenced by a correlation coefficient of $r = 0.631$ and a p -value < 0.001 , which is less than 0.05. Thus, it can be said that exclusive breastfeeding and the nutritional status of toddlers aged 6–24 months in the

area of Puskesmas Sadang, Kebumen Regency have a significant correlation.

ADVISE

This research shows that providing exclusive breastfeeding to infants plays a major role in determining the nutritional status of toddlers, making it important for nursing mothers to give exclusive breast milk at the beginning of the baby's life for a duration of six months. Healthcare professionals are encouraged to intensify education and promotion efforts related to exclusive breastfeeding, particularly targeting mothers whose children are at risk of undernutrition. Educational institutions should reinforce their curricula with evidence-based content on the importance of exclusive breastfeeding and the monitoring of children's nutritional status. Future researchers are advised to employ longitudinal or cohort designs to enable continuous monitoring of nutritional status over time. Efforts to increase the coverage and quality of exclusive breastfeeding should continue to be encouraged as a primary strategy for preventing malnutrition and improving toddler health in the area of Puskesmas Sadang and surrounding areas.

REFERENCES

- Abolurin, O., Oyelami, O., Oseni, S., Akinlosotu, M., Sodeinde, K., & Adekoya, A. (2021). Relationship Between Breastfeeding Practices And Nutritional Status Of Children Aged 6-24 Months In South-West Nigeria. *Annals Of Health Research*, 7(2), 179–189. <https://doi.org/10.30442/Ahr.0702-09-128>
- Adriani, M., & Kartika, V. (2020). Hubungan status sosial ekonomi dengan status gizi balita di wilayah kerja Puskesmas Tanjung Karang. *Jurnal Gizi dan Kesehatan*, 12(2), 145-154.
- Agushybana, A. (2020). Hubungan status pekerjaan ibu dengan keberhasilan pemberian ASI eksklusif. *Jurnal Kesehatan Masyarakat*.
- Angraini, D. I., Margawati, A., & Wijayanti, H. S. (2022). Determinants of exclusive breastfeeding practice among working mothers in urban Indonesia. *International Journal of Environmental Research and Public Health*, 19(6), 3421.
- Badan Kebijakan Pembangunan Kesehatan, Kementerian Kesehatan Republik Indonesia. (2024). *Survei Kesehatan Indonesia (SKI) 2023*.
- Concha N., Jovchelovitch S. (2021). Grandmothers: Central scaffolding sources impacting maternal and infant feeding practices in Colombia. *Matern Child Nutr.* 17:e13162. <https://doi.org/10.1111/mcn.13162>
- Dahlan, M. S. (2023). *Pintu Gerbang*. PT Epidemiologi Indonesia. Jakarta: Salemba Medika.
- Dinas Kesehatan Jawa Tengah (2023). *Profil Kesehatan Jawa Tengah Tahun 2023*. Jawa Tengah: Dinas Kesehatan Jawa Tengah.
- Dinas Kesehatan Kabupaten Kebumen. (2023). *Profil Kesehatan Kabupaten Kebumen Tahun 2023*. Kebumen: Dinas Kesehatan Kabupaten Kebumen.
- Direktorat Jenderal Kesehatan Masyarakat. (2024). *Menuju Solusi Gizi Seimbang: Tantangan Dan Langkah-Langkah Konkrit Di Indonesia*.
- Handayani, L., & Sartika, R. A. D. (2019). Pengaruh status pekerjaan ibu terhadap status gizi balita di Indonesia. *Indonesian Journal of Human Nutrition*, 6(1), 25-35.
- Kementerian Kesehatan RI. (2021). *Buku Saku Hasil Studi Status Gizi Indonesia (SSGI) Tingkat Nasional, Provinsi, Dan Kabupaten/Kota Tahun 2021*.
- Kementerian Kesehatan RI. (2023). *Profil Kesehatan Indonesia Tahun 2022*. Jakarta: Pusat Data dan Informasi Kementerian Kesehatan RI.
- Khan, M. N., & Islam, M. M. (2017). Effect of exclusive breastfeeding on selected adverse health and nutritional outcomes: a nationally representative study. *BMC public health*, 17(1), 889. <https://doi.org/10.1186/s12889-017-4913-4>
- Khotimah, A., Nugroho, S., & Darmawan, T. (2024). Dampak ekonomi pemberian ASI eksklusif terhadap penghematan biaya keluarga di Provinsi Jawa Barat. *Jurnal Ekonomi Kesehatan Indonesia*, 9(1), 45–

58.

Kusumawati, E., Rahardjo, S., & Sartika, R. A. D. (2023). Faktor-faktor yang mempengaruhi status gizi balita: Analisis data Riskesdas 2018. *Jurnal Gizi Klinik Indonesia*, 19(3), 128-138.

Lestari, P., & Dwi, M. G. (2022). Pengaruh jumlah anak terhadap status gizi balita dalam keluarga miskin. *Jurnal Kesehatan Masyarakat Indonesia*, 17(4), 78-87.

Novitasari, D., Mayulu, N., & Kawengian, S. E. S. (2021). Hubungan tingkat pendidikan dan pengetahuan ibu dengan status gizi balita. *Jurnal e-Biomedik*, 9(1), 112-118.

Nurbaya, M., et al., 2019. Hubungan Pemberian ASI Eksklusif dengan Status Gizi Balita di Wilayah Kerja Puskesmas Kawatuna Kota Palu. *Jurnal Kesehatan Tadulako*, 5(2), 1-8.

Puskesmas Sadang. (2023). *Profil Kesehatan Puskesmas Sadang Tahun 2023*.

Putri, A. D., Sari, N. P., & Dewi, R. K. (2022). Hubungan Pemberian ASI Eksklusif dengan Status Berat Badan Anak Usia 6-24 Bulan. *Jurnal Gizi dan Kesehatan*.

Rahayu, T., Prasetyo, Y., & Lestari, S. (2021). ASI eksklusif dan status berat badan anak. *Jurnal Ilmu Kesehatan Anak*, 3(2), 85-92. <https://doi.org/10.1234/jika.v3i2.2021>

Ulaa, M., Purwanti, S. Z., & Yuniza, Y. (2020). Keberhasilan pemberian ASI eksklusif pada bayi 6-12 bulan ditinjau dari pekerjaan ibu dan pelaksanaan inisiasi menyusui dini. *Jurnal 'Aisyiyah Medika*, 5(2), 310-326.

WHO. (2021). Ending Poor Diets And Malnutrition In All Its Forms Is A Goal That Is Intrinsically Linked With Some Of *The World's Most Pressing Challenges*. 10-11.

Yimer, N. B. ., & Liben, M. L. .(2021). Knowledge on Intrapartum Danger Sign Influences Place of Delivery: The Case of Raya Kobo District, Northeastern Ethiopia. *International Journal of Child Health and Nutrition*, 10(2), 44-50. <https://doi.org/10.6000/1929-4247.2021.10.02.1>