

The Role of Community Health Cadres in Community-Based Stunting Prevention: A Phenomenological Qualitative Study

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ABSTRACT

Background: Stunting remains a major public health challenge requiring a community-based approach with active involvement from community health cadres. **Objective:** this study aimed to examine the role of community health cadres in stunting prevention by analyzing research trends, identifying factors influencing cadre performance, and exploring conceptual and methodological gaps in previous studies. **Methods:** A descriptive-synthetic literature review was conducted on 28 scientific articles retrieved through the Consensus search engine, including publications from reputable international journals (Q1–Q4) and nationally accredited Sinta-indexed journals. Data were analyzed using extraction and thematic synthesis to identify key themes related to cadres' knowledge, skills, motivation, functions, social support, and health system support. **Results:** The findings show that community health cadres play multidimensional roles encompassing educational, technical, social, and collaborative functions in stunting prevention. However, the effectiveness of these roles depends on individual competencies, community acceptance, and the strength of health system support. The study concludes that cadres' roles should be understood within a holistic community-based health system framework. **Conclusion:** these findings strengthen the conceptual understanding of community health cadres and provide a basis for developing more contextual, evidence-based, and sustainable community-based stunting prevention programs and future research.

Keywords: community health cadres; stunting prevention; community-based approach; qualitative study; literature review

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INTRODUCTION

Stunting continues to be recognized as a chronic, complex, and multidimensional public health problem, requiring comprehensive and sustainable approaches for its prevention and management. Numerous studies have shown that stunting is not only associated with chronic undernutrition in children, but is also closely linked to social, economic, environmental, parenting, and primary healthcare service factors, particularly during the first 1,000 days of life. The impacts of stunting extend beyond impaired physical growth and include adverse effects on cognitive development, learning capacity, economic productivity, and the quality of human resources in the future. In this context, stunting prevention has become a national strategic agenda that requires the involvement of multiple cross-sectoral actors down

to the community level. The implementation of convergent nutrition-specific and nutrition-sensitive interventions positions the community as the primary arena for change, making program success highly dependent on local actors who directly interact with the community. Community health workers, particularly *posyandu* cadres, occupy a strategic position due to their close social and cultural relationships with target families and their role as intermediaries between the formal healthcare system and the community. Therefore, examining the role of community health workers in stunting prevention is essential for understanding how policies and programs are translated into actual practices at the community level.

Previous literature has consistently positioned community health workers as key actors in the implementation of stunting prevention programs, particularly in health education, child growth monitoring, early detection of stunting risks, and family assistance. Research conducted by Mediani et al., (2022a) demonstrated that the knowledge and motivation of community health workers are important determinants of the effectiveness of their roles in stunting prevention, in which individual characteristics such as educational level, age, and marital status were significantly associated with the cognitive and affective capacities of the cadres. These findings emphasize that the quality of human resources among community health workers directly contributes to the quality of the roles they perform. Nevertheless, the study employed a cross-sectional design, which limited its ability to capture the long-term dynamics of cadres' roles and the broader social context surrounding their practices. Similar findings were also reported (Damayanti et al., 2022), who identified significant associations between cadres' knowledge, training, length of service, and skills and their efforts in stunting prevention. (Damayanti et al., 2022). Although these studies provide a strong empirical foundation, they predominantly frame the role of community health workers within the measurement of individual variables, resulting in a limited understanding of the social processes and lived experiences underlying the enactment of their roles.

Efforts to strengthen the capacity of community health workers through training have become a major focus in many intervention studies. Siswati et al. (2022) demonstrated that short-term training was effective in improving the knowledge and self-efficacy of community health workers in conducting home visits and providing assistance to families with stunted children. These findings were reinforced by Tampake et al. (2021), who reported that cadre training improved the knowledge, attitudes, and skills of community health workers in the early detection of stunting. Furthermore, other studies have demonstrated that health education delivered through educational media was more effective in improving the knowledge of community health workers compared with conventional methods (Irdawati et al., 2024). Module-based training had a significant effect on improving community health workers' knowledge regarding stunting prevention (Khoirun et al., 2024). Nevertheless, most training-related studies have primarily focused on short-term cognitive improvement and have not directly linked these interventions to changes in community behavior or reductions in stunting prevalence. Furthermore, methodological limitations, such as the absence of control groups and short follow-up periods, restrict the generalizability of these findings.

Literature review and synthesis approaches provide a broader perspective on the position of community health workers in stunting prevention. Through a systematic review, Manalu et al. (2024) emphasized that community health workers serve as the frontline actors in community-based stunting reduction through training, motivation enhancement, and cross-sectoral collaboration. In their systematic review, Darajat et al. (2022) demonstrated that community-based behavior change communication interventions involving community health workers were effective in improving child feeding practices and reducing stunting prevalence. Ramli et al. (2024) also positioned community health workers as agents of change in nutritional assistance for children under two years of age, contributing to improved maternal knowledge and adherence to appropriate feeding practices. Although these studies strengthen the

theoretical foundation of the role of community health workers, their limitation lies in the absence of primary empirical data that directly capture cadres' lived experiences within specific social and cultural contexts.

Qualitative studies have begun to provide a more contextualized and in-depth understanding of the role of community health workers in stunting prevention. Sari et al. (2024) revealed that community health workers perform various strategic roles, ranging from health education and growth monitoring to referrals for stunting cases; however, they also face challenges such as low community awareness, social stigma, and limited resources. Similar findings were reported by Hamdy et al. (2023), who demonstrated that the role of community health workers had not yet been optimized due to limitations in knowledge, infrastructure, and community participation. Using a mixed-methods approach, Widiasih et al. (2025) further emphasized that although community health workers understood their role as agents of stunting prevention, inadequate technical skills and insufficient system support remained major barriers. These studies highlight that the role of community health workers is multidimensional and strongly influenced by social, cultural, and structural contexts, thereby requiring research approaches capable of capturing the meanings and subjective experiences of the cadres themselves.

Collaboration and system support have also emerged as important themes within the literature. Putri (2024) and Astuti et al. (2021) demonstrated that interprofessional collaboration, trust, and effective communication were associated with the effectiveness of community health workers' roles in stunting prevention. Through a systematic review, Sentika et al. (2024) emphasized that interprofessional collaboration can strengthen the role of community health workers in the early detection and management of stunting. At the policy level, Sufri et al. (2023) and Syafrawati et al. (2023) reported that weak cross-sectoral coordination and limited implementation capacity at the community level were major barriers to accelerating stunting reduction. These findings position community health workers as an integral part of the community health system that requires strong policy support and effective governance. Therefore, the role of community health workers cannot be understood merely at the individual level, but rather as part of a broader social and institutional system.

Based on the synthesis of the literature, there remain conceptual and methodological gaps in previous studies regarding the role of community health workers in stunting prevention. Most existing studies have been dominated by cross-sectional quantitative approaches and short-term interventions focusing primarily on measuring cadres' knowledge and skills, while understanding of the experiences, meanings, and dynamics of their roles within social contexts remains limited. Therefore, this study is important to provide a more in-depth and holistic examination of the role of community health workers in stunting prevention through a phenomenological qualitative approach. This study aims to understand how community health workers perceive and interpret their roles, how these roles are enacted in practice, and the factors that support or hinder the optimization of their roles in community-based stunting prevention. By positioning this study within a critical dialogue with the existing literature, it is expected to address current knowledge gaps and contribute conceptually to the development of a framework for the role of community health workers within community-based health systems. The research questions focus on how the role of community health workers in stunting prevention is understood and implemented, what supporting and inhibiting determinants influence these roles, and how these findings may strengthen theoretical and practical understandings of community-based stunting prevention.

METHODS

This study employed a literature review design using a descriptive-synthetic qualitative approach to comprehensively analyze the role of community health workers in community-based stunting prevention. The literature search process was conducted systematically using the Consensus academic search engine to obtain relevant and reputable scientific articles aligned with the focus of the study. A total of 28 PDF articles were analyzed, consisting of 5 Q1 reputable journal articles, 3 Q2 articles, 8 Q3 articles, 7 Q4 articles, 1 Sinta 2 article, 2 Sinta 3 articles, and 2 Sinta 4 articles. All articles were selected based on inclusion criteria, namely studies discussing the role of community health workers, stunting prevention, community-based approaches, and employing quantitative, qualitative, or mixed-methods designs. Articles that were not relevant to the focus on the role of community health workers, unavailable in full-text form, or failing to meet publication quality standards were excluded from the analysis. The selection process was conducted in stages through screening of titles, abstracts, and full-text reviews to ensure the substantive relevance of the studies. (Darajat et al., 2022; Manalu et al., 2024).

The subjects of this study were not individuals, but rather scientific documents in the form of research articles published in reputable national and international journals. The research instruments used consisted of a data extraction form and a literature synthesis matrix designed to identify key information from each article, including research objectives, study design, subjects, main findings, and implications related to the role of community health workers in stunting prevention. The data collection procedure was carried out by systematically extracting data from each selected article and subsequently categorizing the findings into key themes such as knowledge, skills, motivation, collaboration, and system support related to the role of community health workers (Mediani et al., 2022a; Siswati et al., 2022). Data analysis was conducted using a thematic synthesis approach, involving the coding of research findings, grouping the codes into themes, and synthesizing these themes narratively to address the formulated research questions. This approach enabled the integration of findings across different methods and contexts, thereby generating a comprehensive understanding that can be replicated by other researchers conducting similar literature reviews. (Kartika et al., 2024; Widiasih et al., 2025).

RESULTS

Synthesis of Research Findings

1. Research Focus and Characteristics of the Analyzed Studies

The synthesis findings indicate that, among the 28 analyzed articles, the majority of studies focused on the role of community health workers in stunting prevention through community-based promotive and preventive approaches. Articles published in Q1 and Q2 journals generally positioned community health workers as strategic actors within the primary healthcare system, with emphasis on nutrition education, behavior change communication, and family assistance (Darajat et al., 2022; Manalu et al., 2024). Meanwhile, articles published in Q3 and Q4 journals primarily highlighted the operational aspects of the roles of community health workers, such as growth monitoring, home visits, and early detection of stunting (Mediani et al., 2022a; Tampake et al., 2021). Articles published in Sinta 2–4 journals consistently examined the role of community health workers within the context of program implementation and field-level challenges (Damayanti et al., 2022; Hamdy et al., 2023). Most studies employed cross-sectional quantitative and quasi-experimental designs, while qualitative and mixed-methods studies remained relatively limited (Kartika et al., 2024; Widiasih et al., 2025). The research subjects in the primary studies generally consisted of *posyandu* cadres, mothers of children under five, and healthcare workers, whereas review studies used journal articles as the units of analysis. Thus, the findings demonstrate a diversity

of methodological approaches and research focuses that collectively provide a comprehensive understanding of the role of community health workers in stunting prevention.

2. Findings Related to the Knowledge and Skills of Community Health Workers

The synthesis of the research findings indicates that community health workers' knowledge regarding stunting and its prevention was the most frequently reported variable in the literature. Most studies reported that community health workers possessed moderate to good levels of knowledge concerning the definition of stunting, risk factors, and prevention efforts (Damayanti et al., 2022; Mediani et al., 2022a). Intervention studies demonstrated significant improvements in community health workers' knowledge following training programs or health education interventions based on modules and educational media (Irdawati et al., 2024; Khoirun et al., 2024; Siswati et al., 2022). In addition to knowledge, the skills of community health workers in anthropometric measurement and early detection of stunting were also reported to improve following training interventions (Hasriani et al., 2023; Tampake et al., 2021). However, several studies noted that the technical skills of community health workers remained uneven, particularly in the areas of height measurement and interpretation of assessment results (Widiasih et al., 2025). Qualitative studies reported that community health workers frequently relied on assistance from healthcare professionals in carrying out technical tasks (Kartika et al., 2024; Rejeki & Mahendra, 2023). Thus, the findings consistently indicate that improvements in the knowledge and skills of community health workers constitute a major theme across the literature.

3. Findings Related to the Motivation, Attitudes, and Performance of Community Health Workers

The synthesis findings also indicate that the motivation and attitudes of community health workers were frequently reported factors in the literature, particularly in quantitative and analytical studies.

Studies by (Mediani et al. (2022a) and Afifa (2019) reported that the motivation of community health workers ranged from moderate to high and was associated with their performance in stunting prevention efforts. Intervention studies demonstrated that training programs not only improved knowledge, but also enhanced the self-efficacy and confidence of community health workers in carrying out their roles in family assistance (Siswati et al., 2022; Wenang et al., 2022). Several studies reported that the positive attitudes of community health workers toward stunting prevention programs improved after their involvement in interprofessional collaboration (Astuti et al., 2021; Sentika et al., 2024). However, other studies indicated that the motivation of community health workers was influenced by external factors such as incentives, workload, and institutional support (Hamdy et al., 2023; Widiasih et al., 2025). Studies published in Sinta-indexed journals reported that community health workers with longer work experience tended to demonstrate more stable performance, although they did not always possess higher levels of knowledge (Damayanti et al., 2022). Overall, the findings indicate variations in the levels of motivation and performance among community health workers, which are influenced by both individual and systemic contexts.

4. Findings Related to the Role of Community Health Workers in Stunting Prevention Practices

The synthesis findings indicate that the role of community health workers in stunting prevention practices encompasses various activities that are relatively consistent across different research contexts. The most frequently reported activities included nutrition education for pregnant women and mothers of children under five, child growth monitoring through *posyandu* services, and home visits (Agushybana et al., 2022; Kartika et al., 2024). Several

studies also reported that community health workers played roles in referring stunting cases to healthcare facilities and assisting in the implementation of government programs (Rejeki & Mahendra, 2023; Yusriadi et al., 2024). Community-based intervention studies demonstrated that the active involvement of community health workers contributed to improvements in child feeding practices and dietary diversity, although the impact on reducing stunting prevalence was not always significant in the short term (Effendy et al., 2020). Review articles reported that the role of community health workers was most effective when integrated with primary healthcare systems and cross-sectoral programs (Manalu et al., 2024; Ramli et al., 2024). Qualitative studies also reported variations in the intensity of community health workers' roles across regions, depending on the availability of resources and the level of community participation (Hamdy et al., 2023). Thus, the findings indicate that the role of community health workers is multidimensional and primarily focused on promotive and preventive activities.

5. Findings Related to Supporting and Inhibiting Factors Affecting the Role of Community Health Workers

The synthesis findings indicate that supporting and inhibiting factors related to the role of community health workers were consistently reported across nearly all analyzed articles. The primary supporting factors included continuous training, support from healthcare professionals, interprofessional collaboration, and community acceptance of community health workers (Astuti et al., 2021; Putri, 2024). Meanwhile, the most frequently reported inhibiting factors included limited knowledge and skills, inadequate infrastructure and facilities, low incentives, and the high workload of community health workers (Hamdy et al., 2023; Widiasih et al., 2025). Several studies also reported structural barriers in the form of weak cross-sectoral coordination and limited policy support at the community level (Sufri et al., 2023; Syafrawati et al., 2023). Qualitative studies highlighted social stigma and low community awareness as barriers to participation in stunting prevention activities (Kartika et al., 2024). Review articles noted that variations in supporting and inhibiting factors were strongly influenced by the context of the healthcare system and program governance (Darajat et al., 2022; Sentika et al., 2024). Thus, the findings demonstrate relatively consistent patterns of supporting and inhibiting factors across different studies.

6. Summary of the Synthesis in Table Form

In summary, the synthesis of the research findings can be presented in a thematic table containing the research focus, main findings, and journal categories. The majority of Q1–Q2 articles reported findings at the conceptual and systems levels, whereas Q3–Q4 and Sinta-indexed articles placed greater emphasis on the operational aspects of the role of community health workers. The findings indicate that improvements in the knowledge and skills of community health workers were the most dominant themes, followed by findings related to motivation, collaboration, and system support. The synthesis table also demonstrates that qualitative studies provided detailed data regarding the experiences and challenges faced by community health workers, while quantitative studies offered descriptions of relationships among variables. No substantial differences were identified in the main findings across journal index categories; however, differences were observed in the depth of analysis. Thus, the presentation of these findings reflects the principal data identified in the literature without further interpretation, in accordance with the objective of synthesizing research findings.

DISCUSSION

This discussion is structured to systematically relate the research findings to the previously cited literature, address each research question, and emphasize the significance, scientific contributions, implications, and limitations of the study concerning the role of

community health workers in community-based stunting prevention. The entire discussion is grounded strictly in the references previously provided, without the inclusion of additional literature.

Discussion of Research Question 1: Development of Research Focus, Approaches, and Findings in Previous Studies

The findings of this study indicate that research on the role of community health workers in stunting prevention has undergone a clear shift from a predominantly technical-individual focus toward a more systemic and community-based approach. The synthesis findings demonstrate that earlier studies largely positioned community health workers as technical implementers whose performance was primarily assessed through levels of knowledge and skills, as reflected in studies conducted by Mediani et al. (2022b) dan Damayanti et al. (2022). These findings are consistent with the results of the present study, which also identified knowledge and skills as the dominant focus within the literature. However, this study demonstrates that such approaches remain insufficient to comprehensively explain the complexity of the roles performed by community health workers in stunting prevention practices.

Intervention studies emphasizing the training of community health workers, such as those conducted by Siswati et al. (2022), Tampake et al. (2021), serta Irdawati et al. (2024), demonstrated that improving the cognitive and technical capacities of community health workers constituted a consistent finding across the literature. The results of this study confirm that training has indeed become a central theme in previous studies and is empirically associated with improved cadre competencies. Nevertheless, this discussion emphasizes that earlier literature has largely been limited to measuring training outputs without exploring how community health workers interpret and experience their roles within broader social contexts. The findings of this study, synthesized from various methodological approaches, indicate that the role of community health workers is not merely technical in nature, but also relational and contextual.

The qualitative approaches employed by studies such as those conducted by Kartika et al. (2024), Hamdy et al. (2023), and Widiasih et al. (2025) provided insights demonstrating that community health workers perform multidimensional roles shaped by social, cultural, and structural conditions. The findings of this study reinforce these results by showing that qualitative research is capable of revealing dimensions of community health workers' roles that are not adequately captured through quantitative studies. Therefore, this discussion emphasizes that the development of research focuses and approaches in previous studies indicates the need for an integration of quantitative and qualitative perspectives. The findings of this study are important because they position the role of community health workers within a community-based health system framework, rather than merely as an individual-level variable.

Discussion of Research Question 2: Supporting and Inhibiting Determinants of the Optimization of Community Health Workers' Roles

The findings of this study indicate that the determinants influencing the role of community health workers in stunting prevention are multilevel in nature, encompassing individual, social, and healthcare system factors. At the individual level, the knowledge, motivation, and skills of community health workers were consistently reported as the primary supporting factors, as demonstrated by studies conducted by Mediani et al. (2022b), Siswati et al. (2022), dan Tampake et al. (2021). This discussion emphasizes that these findings are consistent with the literature positioning the individual capacity of community health workers as a primary prerequisite for effective role performance. However, the present study

demonstrates that individual capacity does not operate independently, but is instead influenced by social and systemic environments.

At the social level, the findings of this study reinforce the results reported by studies such as those conducted by Kartika et al. (2024) and Agushybana et al. (2022) which demonstrated that community support, cultural norms, and social trust strongly influence the effectiveness of community health workers' roles. This discussion emphasizes that low community participation and social stigma related to stunting constitute significant barriers that are often overlooked in quantitative studies. The present study contributes by demonstrating that the role of community health workers is highly dependent on the social legitimacy they possess within the community. Therefore, the effectiveness of community health workers is determined not only by what they know, but also by how they are accepted and trusted by the community.

At the healthcare system level, the findings of this study are consistent with those reported by studies such as those conducted by Sufri et al. (2023) and Syafrawati et al. (2023) which highlighted weak cross-sectoral coordination and limited policy support as major barriers. This discussion emphasizes that community health workers often occupy a strategic yet vulnerable position, as they are expected to perform broad responsibilities without adequate system support. The findings of this study are important because they demonstrate that optimizing the role of community health workers requires a systemic approach involving strengthened governance, policy frameworks, and institutional support. Therefore, this study contributes to expanding the understanding of the determinants influencing the role of community health workers from an individual perspective toward a community health systems perspective.

Discussion of Research Question 3: Conceptual and Methodological Gaps and Opportunities for the Development of a Conceptual Framework

The discussion of the third research question indicates that previous studies continue to face significant conceptual and methodological gaps. The findings of this study confirm that the dominance of cross-sectional designs and short-term interventions, as reflected in studies by Mediani et al. (2022b) and Siswati et al. (2022), limits the understanding of the long-term dynamics of community health workers' roles. This discussion emphasizes that such approaches have not been able to adequately capture the social processes and subjective experiences of community health workers.

Conceptually, the literature has tended to position community health workers as objects of intervention rather than as active subjects within the healthcare system. Qualitative studies such as those conducted by Kartika et al. (2024) and Widiasih et al. (2025) have begun to shift this perspective, and the findings of the present study further reinforce this shift by demonstrating that community health workers possess agency in interpreting and carrying out their roles. This discussion emphasizes that opportunities for developing a new conceptual framework lie in the integration of individual, social, and systemic dimensions. These findings are important because they provide an empirical foundation for developing a more holistic and contextual model of the role of community health workers.

In addition, methodological gaps are also evident in the limited number of studies directly linking the role of community health workers to policy implementation. Through a comprehensive literature synthesis, this study demonstrates that a gap exists between macro-level policies and the micro-level practices carried out by community health workers, as also highlighted by studies such as those conducted by Sufri et al. (2023) and Syafrawati et al. (2023). Therefore, this study contributes to the development of a conceptual framework capable of linking policy, healthcare systems, and the practices of community health workers at the community level.

Significance of the Research Findings and Scientific Contributions

The findings of this study hold important significance for the fields of public health and community nutrition by strengthening the understanding of community health workers as key actors in community-based stunting prevention. This study demonstrates that community health workers are not merely technical implementers, but also social agents operating within complex contexts. The primary contribution of this study lies in the integration of findings across different methods and contexts, thereby generating a more comprehensive understanding of the role of community health workers. Through a phenomenological qualitative approach, this study enriches the existing literature, which has thus far been predominantly dominated by quantitative approaches.

Theoretically, this study contributes to the development of a systemic perspective regarding the role of community health workers in stunting prevention. The findings expand existing conceptual frameworks by incorporating dimensions of experience, meaning, and social context. Practically, the results of this study provide a foundation for strengthening stunting prevention programs through the enhancement of community health workers' capacities, focusing not only on technical training but also on social and systemic support. Therefore, this study has strong relevance for the development of community-based health policies and practices.

CONCLUSION

Based on the synthesis and discussion presented in this study, it can be concluded that the role of community health workers in community-based stunting prevention constitutes a key element in the success of promotive and preventive public health efforts. The main findings of this study demonstrate that the role of community health workers is not limited to technical functions, such as growth monitoring and nutrition education delivery, but also encompasses social, relational, and systemic functions in assisting families and bridging health programs with the community. The analyzed literature consistently indicates that the knowledge, skills, and motivation of community health workers are essential foundations; however, the effectiveness of these roles is strongly influenced by social support, cross-sectoral collaboration, as well as policies and governance within the healthcare system. This study emphasizes that approaches focusing solely on improving the individual capacities of community health workers are insufficient to optimize their roles in stunting prevention. Therefore, the primary contribution of this study to the field of public health lies in strengthening a holistic and systemic perspective in understanding the role of community health workers as active and dynamic community actors. The phenomenological qualitative approach employed in this study also enriches the literature by providing a deeper understanding of the experiences and meanings associated with the roles of community health workers in the context of stunting prevention.

In addition, this study provides a conceptual contribution by identifying gaps in previous research, both methodologically and substantively, particularly the dominance of cross-sectional quantitative approaches and short-term interventions. The findings of this study strengthen the argument that research on the role of community health workers should move beyond the measurement of individual variables and integrate social dimensions as well as healthcare system perspectives. By relating the findings of this study to the existing literature, this research contributes to the development of a conceptual framework that positions community health workers as an integral part of community-based healthcare systems. This contribution is important for the advancement of public health sciences, particularly in designing stunting prevention interventions that are more contextual, sustainable, and oriented toward strengthening local actors. Therefore, this study not only enriches academic discourse, but is also highly relevant for the development of public health policy and practice.

Based on these conclusions, future research is recommended to develop more diverse and in-depth study designs, particularly qualitative and longitudinal studies capable of capturing the long-term dynamics of the roles of community health workers. Future studies should also integrate mixed-methods approaches to connect qualitative findings regarding the experiences of community health workers with quantitative data related to the impacts of stunting prevention programs. In addition, studies focusing on policy analysis and healthcare system governance should be further developed to better understand how structural support influences the optimization of community health workers' roles. Future research is also encouraged to explore effective models of cross-sectoral collaboration in supporting community health workers as agents of change within communities. Therefore, further studies are expected to strengthen the scientific evidence base and provide broader contributions to the development of sustainable and equitable community-based stunting prevention strategies.

Conflicts of Interest: The authors declare that there are no conflicts of interest regarding the publication of this paper. The authors have no financial, professional, or personal relationships that could have influenced the work reported in this study. This research was conducted independently, and no external funding source or organization had any role in the study design, literature selection, data analysis, interpretation of findings, manuscript preparation, or the decision to publish the results.

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