
PERFORMANCE OF THE SUPPLEMENTARY FEEDING PROGRAM IN THE PREVENTION AND MANAGEMENT OF STUNTING IN EAST MEDAN SUB-DISTRICT

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Abstract

Stunting is a chronic nutritional problem that inhibits children's physical growth and cognitive development, especially in the first 1,000 days of life. This condition has a long-term impact on the quality of human resources and future productivity. This study aims to analyze the performance of the East Medan Sub-district Government in implementing the Supplementary Feeding Program (PMT) as a specific intervention for stunting prevention and handling. The research method used is descriptive qualitative with data collection techniques through observation, in-depth interviews, and documentation studies. The results showed that the prevalence of stunting in Medan Timur Sub-district decreased from 15.04% in 2022 to 11.29% in 2024. However, there was a decrease in the number of PMT beneficiaries from 528 people in 2022 to 460 people in 2024, indicating challenges in program planning and distribution. Performance analysis based on Dwiyanto's (2008) five indicators shows that program productivity and accountability are good, but service quality, responsiveness, and efficiency still require improvement.

Keywords: Performance, Supplementary Feeding, Stunting, Prevention

INTRODUCTION

Stunting is a condition of failure to thrive in children under five due to chronic malnutrition, repeated infections, and inadequate psychosocial stimulation (WHO, 2014). It not only inhibits physical growth, but also affects cognitive development, future productivity, and the quality of a nation's human resources. Indonesia has the third-highest prevalence of stunting in Southeast Asia, with 21.6% by 2022 (MOH RI, 2023).

East Medan sub-district is one of the areas that faces significant challenges in handling stunting. Data from the Medan City Health Office shows that the stunting prevalence in this sub-district decreased from 15.04% in 2022 to 11.29% in 2024, but it is still above the WHO target (<10%). The Supplementary Feeding Program (PMT) is one of the specific nutrition interventions relied upon, with the main target of toddlers at risk of stunting and pregnant women with Chronic Energy Deficiency (CED), which aims to improve nutritional intake through the provision of foods that meet nutritional standards.

This study focuses on evaluating the performance of the East Medan Sub-District Government in implementing PMT, based on Dwiyanto's (2008) five indicators of public performance: productivity, service quality, responsiveness, accountability, and efficiency.

REVIEW OF LITERATURE

Performance

Performance is a measure of the level of success of an individual or organization in carrying out tasks to achieve predetermined goals (Gibson et al., 1996). In the context of public administration, performance includes effectiveness, efficiency, and impact of programs or policies on society (Dwiyanto, 2008).

Indicators of public performance according to Dwiyanto (2008) include:

1. Productivity - the relationship between program inputs and outputs.
2. Service quality - conformity of services with standards and expectations of the community.
3. Responsiveness - the ability to respond to public needs quickly and appropriately.
4. Accountability - accountability for results and use of resources.
5. Efficiency - optimization of resource use.

Stunting

Stunting is a condition where a child's height is lower than their age standard due to chronic malnutrition, recurrent infections, and poor parenting (Ministry of Health, 2018). Factors causing stunting include maternal nutrition during pregnancy, non-optimal exclusive breastfeeding, non-nutritious complementary foods, and poor sanitation (Laili & Andriani, 2019).

Community Empowerment in Stunting Prevention

Community empowerment is the process of increasing the capacity of communities to make decisions and manage resources for their welfare (Ife & Tesoriero, 2006). In stunting prevention, empowerment includes nutrition education, increased sanitation awareness, and active community participation in posyandu.

RESEARCH METHOD

This research used a descriptive qualitative approach. The research location was in Kecamatan Medan Timur, Medan City, from January to May 2025. Informants consisted of the Head of East Medan Sub-district, Head of Puskesmas, and PMT recipients. Data collection techniques included: Observation of PMT implementation in the field, In-depth interviews with key, main, and additional informants, Documentation from activity reports and kecamatan statistical data. Data analysis used the Miles & Huberman (1992) interactive model: data reduction, data presentation, and conclusion drawing.

RESULTS AND DISCUSSION

Performance Analysis of Supplementary Feeding Program in Stunting Prevention and Management in East Medan Sub-district.

The Supplementary Feeding Program (PMT) is one of the specific nutrition intervention strategies implemented by the government to address the problem of malnutrition, especially stunting among under-fives and pregnant women. In Medan Timur Sub-district, the program is implemented by the Puskesmas and village government in collaboration with posyandu cadres and related agencies. Although the program has been running for several years, the effectiveness of its implementation requires a thorough evaluation to determine the extent to which the program is able to achieve its main objectives.

To comprehensively understand the performance of the PMT program, an analytical approach based on five indicators of public performance as proposed by Dwiyanto (2008) is used. The five indicators are:

- A. Productivity,
- B. Service quality,
- C. Responsiveness,
- D. Accountability, and
- E. Efficiency.

These five indicators are used because they are able to provide a comprehensive picture, not only of the achievement of program outputs, but also how the program is received, implemented, and accounted for to the community.

Productivity

Productivity is measured by the program's ability to achieve targeted outputs, particularly in reducing stunting. Based on interviews with the Camat and Head of Puskesmas, there was a decrease in the number of stunting cases from 303 in 2022 to 214 in 2024. This decrease indicates that the PMT program has made a significant contribution to its main objective. However, the Head of Puskesmas stated that target achievement is uneven each year, mainly due to constraints in target data and food distribution. Thus, in terms of productivity, the program has shown a p

Service Quality

The quality of services in the PMT program appears to be quite good in terms of meeting nutritional standards, as expressed by the Camat and Head of Puskesmas. The supplementary food is adjusted to the standards of the Health Office and uses local ingredients such as eggs and vegetables. However, from the community side, there are complaints about the lack of menu variations and delays in distribution. In addition,

communication about the timing and implementation procedures was also weak, as expressed by residents who did not know the schedule of assistance. This shows that the technical quality of the program is good, but the functional quality (relationships between parties and accessibility of information) still needs to be improved.

Responsiveness

Responsiveness is the government's ability to respond to community needs and complaints quickly and accurately. Interview results show that the government and puskesmas are quick enough to respond to new cases of stunting through assessment and provision of PMT in less than one week. However, follow-up processes, such as the distribution of further assistance, often experience delays, as complained by residents who have to wait for decisions from the kelurahan. Thus, although the initial response was quick, there was a gap in the continuity of services, indicating that the program's responsiveness had not been fully completed as a whole.

Accountability

Program accountability is reflected in the periodic reporting by the kecamatan government to the Health Office and Bappeda, as well as the documentation of puskesmas activities through the management information system. However, in terms of beneficiaries, there is not enough transparency regarding the reporting flow and selection mechanism for beneficiaries. Many communities do not know who is entitled to receive assistance or where to submit complaints. This shows that formal accountability is in place, but social or participatory accountability is still low. This gap has the potential to reduce public trust in the program.

Efficiency

Program efficiency can be seen from the strategy of using local resources and involving posyandu cadres as volunteers, thus reducing implementation costs. The Head of Puskesmas emphasized that this approach was able to maintain budget efficiency without reducing quality. However, from the community's perspective, the effectiveness of the assistance has not been fully felt because not all targets have received assistance, and there is inaccuracy in the determination of recipients. This shows that the efficiency of the input side is not fully proportional to the effectiveness of the output side.

Overall, the Supplementary Feeding Program (PMT) in Medan Timur Sub-district has performed quite well in several aspects, especially in terms of productivity and efficiency of resource use, but still faces serious challenges in terms of service quality, continued responsiveness, social accountability, and targeting accuracy.

From a public administration perspective, this program illustrates the importance of integration between managerial efficiency and public service effectiveness. Internal optimization efforts (such as reporting, resource use, and distribution) must be balanced with a participatory approach that actively involves the community in the program implementation and evaluation process. Without community involvement and transparency of information, the program risks losing social legitimacy even if it is administratively compliant.

To improve overall program performance, it is recommended that:

- a) Improvement of the data collection system and selection of recipients based on real needs.
- b) Strengthening communication and socialization of the program to the community.
- c) Continuous monitoring of program distribution and results at the kelurahan level.

- d) Involving the community in open and participatory program monitoring and evaluation.

Thus, the success of the PMT program is not only determined by numerical achievements, but also by how the program is managed in an inclusive, responsive, and accountable manner within the framework of public services that are oriented towards community welfare.

CONCLUSION

Based on research on the performance of the Supplementary Feeding Program (PMT) in preventing and addressing stunting in Medan Timur Sub-district using the five public performance indicators proposed by Dwiyanto (2008), it can be concluded that the program has demonstrated a generally positive performance with several areas requiring improvement. In terms of productivity, the PMT program has contributed to a reduction in the stunting rate from 15.04% in 2022 to 11.29% in 2024, indicating that the program output has been effective in reducing stunting cases.

Nevertheless, the declining number of PMT beneficiaries over time suggests limitations in the scope of intervention and indicates that targeting and distribution mechanisms have not yet been fully optimized. Regarding service quality, the implementation of PMT has been relatively effective in reaching target groups, particularly toddlers and pregnant women at nutritional risk. However, issues related to food variety, consistency of implementation, and compliance with nutritional standards remain critical concerns. Although community satisfaction reflects general appreciation for the program, feedback also highlights dissatisfaction with the taste, diversity, and continuity of the supplementary food provided. In terms of responsiveness, the Medan Timur Sub-district Government and local public health centers (Puskesmas) have shown adequate responsiveness in addressing stunting through PMT implementation and nutrition education activities. Despite this, responsiveness to the specific needs of communities across different kelurahan has not been evenly distributed, particularly in areas with relatively high stunting prevalence such as Pulo Brayan Darat II and Pulo Brayan Bengkel Baru. From an accountability perspective, administrative reporting and budget accountability have been formally prepared by the sub-district government; however, public accountability and transparency remain limited. Insufficient community involvement in monitoring and restricted access to information regarding program implementation continue to hinder the development of participatory accountability.

In terms of efficiency, the program has generally utilized available resources effectively, yet further improvements are needed, particularly in cross-sectoral coordination, the use of local food potential, and the optimization of cadres and posyandu facilities. Several kelurahan still face challenges related to logistics distribution, human resource capacity, and activity planning. Overall, while the PMT program in Medan Timur Sub-district has shown encouraging results in preventing and addressing stunting, strengthening distribution mechanisms, accountability, and broader community participation is essential to ensure the sustainability and long-term impact of nutrition interventions.

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