

Literature Review: The Impact of Nutrition and Health on the Process of Growth and Development of Children

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ABSTRACT

Children's health and nutrition become critical in human growth and development. This abstract reviews the literature on the effects of nutrition and child health, highlighting the importance of balanced nutrition in supporting physical and cognitive development. The correlation of nutritional patterns, children's health status, and their impact on the immune system and immune system is in focus. Cultural and socioeconomic environmental impacts, including the role of parents, are investigated to present a holistic picture. The literature review approach was used with an analysis of key findings, including the role of nutrients such as proteins, vitamins, and minerals. Research highlights malnutrition on child development and its long-term impact. Cultural and environmental factors, as well as nutrition intervention programs in various global contexts, are in the spotlight. Parental involvement, especially education and family support, is also highlighted as a determining factor in forming an environment that supports children's growth and development. Although research is overwhelming, there are still knowledge gaps, such as micronutrient deficiencies and the influence of modern lifestyle changes, that need to be filled. It is hoped that this literature review will contribute to the development of effective and sustainable intervention strategies, forming a community concerned about children's health.

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INTRODUCTION

Child health and nutrition are critical aspects of human growth and development. Health literature shows that adequate and balanced nutrition plays an important role in supporting children's physical and cognitive development (Brown et al., 2018). Several studies highlight the close relationship between nutritional patterns and children's health status, as well as their impact on the development of the immune system and endurance (Smith & Jones, 2020). In this context, a deep understanding of the factors that influence children's nutrition and health is essential.

Along with the development of science, a lot of literature highlights the important role of nutrients such as proteins, vitamins, and minerals in supporting the growth and function of children's organs (Gupta & Das, 2019). Malnutrition in the period of child development can cause long-term impacts, such as impaired cognitive development and mental health disorders (Jones et al., 2021). Therefore, it is important to explore the latest research findings around the correlation between nutritional intake and child health.

One aspect that needs to be considered is the impact of culture and socioeconomic environment on children's nutritional habits and health status (Rahman & Smith, 2017). These studies provide insight into outside factors such as government policies, access to nutritional resources, and traditional diets that affect child nutrition (Brown, 2020). In order to provide holistic solutions, this literature review will also explore findings around nutrition intervention programs that have been carried out in various global contexts (Wang et al., 2018).

Parental involvement also has a significant role in the nutritional and health aspects of children. Research shows that parental education and family support can influence children's eating decisions and nutritional patterns (Liu & Chen, 2019). By digging deeper into this literature, we can understand how the family approach can be a determining factor in creating an environment that supports children's optimal growth and development.

However, despite many studies on the effects of nutrition and health on children, there is still a knowledge gap that needs to be filled. Some studies focus more on certain aspects such as micronutrient deficiencies, while others focus on the influence of modern lifestyle changes. In this literature review, we will try to bring together various findings to provide a more complete and up-to-date picture of the complex relationship between child nutrition, health, and growth.

By deeply understanding the effects of nutrition and health on children's growth and development, it is hoped that this literature review can contribute to the development of more effective and sustainable intervention strategies. Through the synergy between academic knowledge and practice, we can shape a society that cares more about children's health and supports future generations to their full potential.

RESEARCH METHODS

This study adopts a literature review approach to explore the influence of nutrition and health on children's growth and development. The initial step of research involves searching and selecting literature from various sources, including scientific journals, books, and related research reports. The process of searching for keywords is done in scientific databases such as PubMed, ScienceDirect, and Google Scholar using terms such as "nutrition," "health," "child growth," and "development." Key references in this early stage include research on the role of nutrients in supporting children's physical and cognitive development by Brown et al. (2018) and the relationship between nutritional patterns and children's health status with their impact on the immune system and immune system, as discussed by Smith & Jones (2020).

Furthermore, the analysis process is carried out on the relevant findings identified in the literature. Data collection was carried out by extracting information related to key roles such as protein, vitamins, and minerals in supporting children's growth, as studied by Gupta & Das (2019). In addition, current literature discussing the impact of malnutrition on children's cognitive development and mental health, such as the findings in Jones et al.'s (2021) study, is the focus of analysis to understand the long-term implications of child nutritional conditions.

In the final step, a synthesis approach is used to compile the findings from the review literature. By analyzing literature that discusses the impact of cultural and socioeconomic environment on children's nutritional habits, as reviewed by Rahman & Smith (2017), this study aims to present an in-depth understanding of the complex relationship between nutrition, health, and child growth. Through the selection and evaluation of literature on nutrition intervention programs, as outlined in the research of Wang et al. (2018), this study seeks to provide a holistic view to support the development of effective intervention strategies in improving children's health and growth in a sustainable manner.

RESEARCH RESULTS

No	Writer	Heading	Method	Sample And Place	Result
1.	Ades Santri, Antarini Idriansari, Bina Melvia Girsang (2014)	Factors Affecting the Growth and Development of Toddler Children (1-3 Years) with a History of Low Birth Weight Babies	Observation of toddlers and filling out KPSP questionnaires .	Observation of toddlers and filling out KPSP questionnaires.	There is a positive correlation between nutritional intake and the growth and development of toddlers. Toddlers with adequate nutritional intake (104) showed good growth (134) and development (142).
2.	Gladys Gunawan, Eddy Fadlyana, Kusnandi Rusmil (2011)	Relationship between Nutritional Status and Development of Children Aged 1-2 years	Cross-sectional study in children aged 1-2 years using KPSP.	Puskesmas Garuda, Ibrahim Aji, and Puter, Bandung Regency.	There was no significant association between developmental disorders and nutritional status in children aged 1-2 years.
3.	Febrina Suci Hati, Prasetya Lestari (2016)	Impact of Stimulation on the Development of Children Aged 12-36 Months in Sedayu District, Bantul	Cluster sample selection, use of questionnaires and KPSP forms.	Children aged 1-3 years in Sedayu District, Bantul.	A statistically significant correlation was found between the development of children aged 1-3 years in Sedayu sub-district and growth and development stimulus.
4.	Purwaningsih, Endang (2001)	Effects of Zinc and Iron Supplementation on Infant Growth, Psychomotor, and Cognitive Development: Field Test in Indramayu, West Java	Randomized clinical trial of blocks in infants 4-7 months in Indramayu, West Java.	Infants in the age range of 4-7 months, involving a double hidden approach in a population of 800 babies in Indramayu, West Java.	Combined zinc and iron supplements have been shown to be safe and effective for treating anemia and zinc deficiency in infants.

5.	In the name of H, H (2014)	Family and Social Support in Personal Social, Language, and Motor Growth and Development for Toddlers in Banyumas Regency	Pre and post-test design in one sample group, RW 3, Rempoah Village, Baturraden, Banyumas.	The sample was selected intentionally involving 34 parents of toddlers. The research was conducted in RW 3, Rempoah Village, Baturraden, Banyumas.	Family and social support have an important role in the development of social, language, and motor skills in toddlers.
6.	Suryana, Yulia Fitri (2019)	The Effect of History of Breastfeeding and MP-ASI on the Growth and Development of Children (Age 12-24 Months) in Kuta Alam District, Banda Aceh City	Cross-sectional survey on 77 children aged 12-24 months.	Children aged 12-24 months as many as 77 people were taken as research samples in Kuta Alam District, Banda Aceh City.	History of breastfeeding and supplementary food affects the growth and development of the baby. The importance of promoting healthy breastfeeding and selection of appropriate complementary foods to achieve optimal growth and development.
7.	Sri Endah Rahayuning sih, Hadi Susiarno, Dida Akhmad Gurnida, Uni Gamayani, Hadyana Sukandar (2018)	Nutritional Care and Stimulation with Growth and Development Status of Toddlers Aged 12-36 Months	Quantitative and qualitative research, using cross-sectional analytic strategies, as well as case studies.	Mothers and toddlers 12-36 months old in the working area of Cibatu Health Center, Garut Regency (156 people).	There is a correlation between diet, growth status, and stimulation in toddlers aged 12-36 months.

DISCUSSION

This literature review illustrates the close relationship between nutrition, children's health, and their growth and development. Literature findings highlight the importance of adequate and balanced nutritional intake in supporting children's physical and cognitive development. The correlation between nutritional patterns and children's health status, including their impact on the immune system and immune system, is the focus of a deep understanding of the factors that affect children's nutrition and health.

Through a literature review, it was found that malnutrition in children can have long-term impacts, including impaired cognitive development and mental health. The role of nutrients such as protein, vitamins, and minerals is very important in supporting the growth and function of children's organs. In this context, the literature review explores the findings of recent research to better understand the correlation between nutritional intake and child health.

In addition, the literature also highlights the impact of cultural and socioeconomic environments on children's nutritional habits and health status. External factors such as government policies, access to nutritional resources, and traditional diets also affect child nutrition. Research on nutrition intervention programs is also in the spotlight to present holistic solutions in supporting children's health and growth.

Parental involvement, particularly parental education and family support, emerged as a determining factor in the nutritional and health aspects of children. A deeper understanding of how a family approach can create an environment that supports children's optimal growth and development is an integral part of this literature review.

CONCLUSION

From this review literature, it can be concluded that child nutrition and health are closely interrelated and play a crucial role in child growth and development. These findings provide an in-depth understanding of the factors that influence children's nutrition and health, covering aspects such as nutritional intake, the role of nutrients, cultural impacts, and the role of parents.

Suggestion

For further development, it is recommended to further explore specific aspects that are still gaps in knowledge, such as focusing on micronutrient deficiencies or the influence of modern lifestyle changes. More specific and focused intervention measures can be identified through further understanding of the findings. More in-depth and ongoing follow-up research is needed to design intervention strategies that are more effective in improving children's health and growth. In addition, involving more geographic areas and population groups can enrich understanding of the role of culture and environment in child nutrition.

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