

Education and Cooking Demonstration of Supplementary Food for Toddlers as an Effort to Prevent Stunting in Pegirigan Village, Bantarbolang District, Pemalang Regency

Singgih Setiawan¹, Arditya Prayogi², Muhammad Tubagus Idris³, Rofika Yulianti⁴, Hayu Rizki Permata⁵, Arina Safitri⁶, Nili Riskina⁷, Nadhifa Fairus Rahmi⁸, Qori Ananda⁹, Rizal Maulana¹⁰, Fikrotul Amna¹¹, Anggi Dwi Septiyowati¹², Emi Rahmawati¹³, Diva Putri Kusumawardani¹⁴

¹⁾ UIN KH Abdurrahman Wahid
Pekalongan, Indonesia

Singgih Setiawan

Email: singgih.setiawan@uingusdur.ac.id

Abstract

Stunting is one of the public health problems that is still a serious concern in Indonesia, including in Pegirigan Village, Bantarbolang District, and Pemalang Regency. The decline in nutritional quality during the first 1000 days of life (DOL) is one of the leading causes of stunting. This article aims to describe the stunting prevention efforts carried out in Pegirigan Village, focusing on interventions involving families, communities, and the health sector. The method used in this research is a qualitative descriptive approach with data collection through interviews, observations, and documentation involving health workers, posyandu cadres, and families with toddlers in Pegirigan Village education. The results showed that stunting prevention efforts in this village have included educating children about healthy eating patterns, the importance of exclusive breastfeeding, monitoring child growth, and providing supplementary food for at-risk children. In addition, the active role of posyandu cadres and support from the local government is significant in increasing public awareness about the importance of good nutrition in preventing stunting. However, there are still challenges regarding resource availability and lack of family participation in stunting prevention programs. Therefore, it is necessary to increase coordination between the health, education, and community empowerment sectors to address this problem more effectively.

Keywords: Stunting, Prevention, Nutrition, Public Health, Pegirigan Village, Pemalang

Article Info

Article History:

Received: 10-22-2024 Accepted: 12-21-2024 Publish: 12-31-2024



This work is licensed under a
[Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

Introduction

Child development from an early age is strongly influenced by various factors, including the adequacy of nutrition obtained daily. Proper nutritional intake not only affects a child's physical growth but also significantly influences cognitive and emotional development. According to the World Health Organization (WHO), malnutrition in children can cause various serious problems such as stunting, anemia, decreased immune systems, and delays in intellectual development.¹ In Indonesia, the problem of malnutrition is still a significant challenge, especially in rural areas with limited access to adequate information and nutritional resources.

Pegiringan Village, Bantarbolang District, Pemalang Regency, is one of Indonesia's rural areas that still faces child nutrition issues. Based on local data, many children in this village have not received a balanced nutritional intake due to economic factors, lack of food variety, and minimal knowledge about the importance of nutrition in the growth period. Like many other regions in Indonesia, the people of Pegiringan Village tend to rely on staple foods high in carbohydrates such as rice but lack protein, vegetable, and fruit intake rich in vitamins and minerals. This monotonous diet risks causing nutritional deficiencies that can hinder overall child development.²

This condition emphasizes the importance of intervention through nutritional education to the community, especially parents who have a central role in selecting and providing food for their children. Nutritional education is a strategic step to increase public knowledge and understanding of the importance of nutrition in supporting child health and development. One effective method of delivering nutritional education is through practical activities such as cooking demonstrations.³ This activity provides theories about balanced nutrition and gives direct examples of how to process local food ingredients into healthy, nutritious, and attractive food for children.

A cooking demonstration is an interactive and participatory approach where participants can learn how to cook nutritious dishes directly while gaining a deeper understanding of the nutritional benefits of the ingredients used. By using local ingredients that are easily accessible, this cooking demonstration provides practical solutions for the people of Pegiringan Village to implement a healthy diet without having to depend on imported or expensive food ingredients. In addition, cooking demonstrations can help parents to be more creative in serving food so that children are more interested and willing to consume nutritious food, which is often a challenge for parents.⁴

Cooking demonstration activities integrated with nutritional education can also help foster awareness about the importance of the family's role in maintaining a healthy diet. Nutrition knowledge is important for parents and all family members to create an environment that supports child growth. By understanding how to cook healthy food and knowing the nutritional content of food, people can practice better eating habits and reduce the risk of malnutrition, both in the form of undernutrition and overnutrition.⁵

This research focuses on the implementation of cooking demonstrations and nutritional education in Pegiringan Village, Bantarbolang District, Pemalang Regency, and how these activities contribute

¹ World Health Organization, *World Health Organization. Reducing Stunting in Children: Equity Considerations for Achieving the Global Nutrition Targets 2025*. World Health Organization; 2018., 2018.

² Gina Muthia, Edison Edison, and Eny Yantri, "Evaluasi Pelaksanaan Program Pencegahan Stunting Ditinjau Dari Intervensi Gizi Spesifik Gerakan 1000 HPK Di Puskesmas Pegang Baru Kabupaten Pasaman," *Jurnal Kesehatan Andalas* 8, no. 4 (2020), <https://doi.org/10.25077/jka.v8i4.1125>.

³ Najmah Ambar Asnaningsih, Ika Puspita Sari, M. Sa'id Abdurrohman KM and Enjoleni Kamaleng Zaahiroh, Rinda Lediana, "Demonstrasi Memasak Makanan Gizi Seimbang Sebagai Upaya Mencegah Stunting," *JAA (Jurnal ABDIMAS Ar Rahma)* 1, no. 1 (2024): 22–29.

⁴ Ambar Asnaningsih, Ika Puspita Sari, M. Sa'id Abdurrohman KM and Zaahiroh, Rinda Lediana.

⁵ Aulia Insani, "Pemenuhan Asupan Gizi Anak Melalui Bekal Makanan Sehat Bagi Kesehatan Anak Usia Dini," *Journal of Innovation Research and Knowledge* 2, no. 3 (2022): 843–48.

to increasing public understanding and awareness of the importance of nutrition in child development. In addition, this study also evaluates the impact of these activities on changes in behavior in food selection and presentation at the household level. With the existence of a sustainable education program, it is hoped that there will be positive changes in family eating patterns that will impact the health and development quality of children in this village.

This approach is also part of a more significant effort to address the problem of child nutrition at the national level. Educational programs like this can be a model applied in other areas with similar problems, with adjustments according to local needs and characteristics. This research seeks to fill the gap in the literature regarding community-based interventions that involve nutritional education and direct practice demonstrations, as well as provide insight into the importance of community involvement in improving the nutritional status of their children.⁶

The service method used in the stunting prevention program in Pegirigan Village is the ABCD method, which combines an integrative approach to education, economic empowerment, and technical training. By involving various parties, such as families, communities, posyandu cadres, and local governments, this program is expected to have a sustainable positive impact in reducing stunting rates in the village. The Community Service Program team interviewed village midwives to obtain data on nutritional status, child health, and nutritional needs in the village.⁷

This service program has been carried out over six months, with a focus on stunting prevention in Pegirigan Village, Bantarbolang District, and Pemalang Regency. In Weeks 1-2, the activity begins with program preparation, which involves socialization with the village government, health office, and medical personnel. Next, the program targets are determined, namely families with toddlers and pregnant women, and the preparation of relevant counseling and training materials. In Weeks 3-4, counseling is carried out for posyandu cadres regarding stunting prevention, the importance of monitoring children's nutritional status, and training in anthropometric measurement techniques. This activity is continued with counseling to the community about the causes and prevention of stunting, which is carried out in Weeks 5-6, using educational materials such as brochures and videos.

In Weeks 7-8, training is carried out on making nutritious food using affordable local ingredients and training on the importance of a healthy diet for pregnant women and children. The following week, Weeks 9-10, assistance is provided to monitor children's health development through routine nutritional checks by posyandu cadres. Weeks 11-12 are focused on community economic empowerment by providing training on how to plant nutritious crops in home yards and the importance of food consumption diversity.

In Weeks 13-14, an initial evaluation is carried out to assess the extent of program implementation and the effectiveness of the counseling provided. Children's health monitoring is also continued in Weeks 15-16 to assess the nutritional development of children at risk of stunting. Weeks 17-18 constitute an advanced counseling and evaluation phase of changes in community knowledge and behavior related to stunting prevention through pre and post-test surveys. In Weeks 19-20, ongoing assistance is carried out to ensure the sustainability of changes in eating patterns and increased nutritional awareness among families and posyandu cadres.

In Weeks 21-24, the program is closed with a final evaluation to assess the success of stunting prevention efforts and the preparation of program reports. The results of this evaluation are then

⁶ Oktarina Dwi Handayani, "Edukasi Dan Workshop Pembuatan Makanan Bergizi Bagi Anak 'Homemade Healthy Child Food' Bagi Tumbuh Kembang Anak Di BKB Dan Gugus PAUD Di Cilandak, Jakarta Timur," *E-Dimas: Jurnal Pengabdian Kepada Masyarakat* 11, no. 2 (2020): 144-48, <https://doi.org/10.26877/e-dimas.v11i2.2760>.

⁷ Aissetu Barry Ibrahim, "Asset Based Community Development (ABCD)," *Transforming Society* 6, no. 11 (2018): 229-40, <https://doi.org/10.4324/9781315205755-17>.

presented to relevant parties, such as the village government and the health office, with recommendations for follow-up and program sustainability in the future. In addition to cooking demonstrations, the Community Service Program team provides education on the importance of balanced nutrition for child development. The educational material includes understanding the roles of carbohydrates, proteins, vitamins, and minerals in supporting child growth and development and practical tips for preparing a healthy daily menu. This education is carried out through interactive presentations and discussions, where participants can ask questions directly and share experiences related to challenges in maintaining a healthy diet for their children. This method is expected to help increase the awareness and understanding of parents in Pegiringan Village about the importance of a balanced nutritional intake and motivate them to implement a healthy diet for the family. With a practical approach through cooking demonstrations and direct education, it is hoped that changes in behavior in managing child nutrition can be achieved and sustained.

Results and Discussion

Pre-Activity

on the results of a survey conducted by members of the Community Service Program 59 group 25, as well as an explanation of the activities to be carried out and discussions with the head of Pegiringan village, village staff, village midwives, and field supervisors, information was obtained that the mothers of toddlers in the village do not yet understand about stunting prevention, causes, symptoms, and impacts. As a result, they often do not check the condition and development of their children and do not get information or advice related to the activities we will carry out, as shown in Figure 1.



Figure 1. Survey and Discussion with Village Head, Village Staff, Village Midwife, Head of LPMD & DPL

Based on these various matters, we strive to provide education about stunting and cooking demonstrations related to supplementary food for toddlers. To carry out this activity, we first ask for permission from the local midwives and nurses to hold a community service program. We also

coordinate with toddler posyandu cadres and the head of PKK to inform toddler mothers about the existence of a community service program that will be carried out.

Implementation of Activities

This service activity is carried out from 08.00 to finish at the Posyandu Mawar 8, in conjunction with the schedule for implementing posyandu for toddlers, pregnant women, and the elderly. Before this activity begins, a briefing is held regarding the mechanism of the activity that will take place for the smooth running of the activity. In addition, this activity is carried out by members of the Community Service Program 59 group 25, the person in charge of the program, and assisted by other group members. This activity begins with filling in the attendance list for toddler mothers, as shown in Figure 2.



Figure 2. Filling in the Attendance List for Toddler Mothers and Providing Meals

The process of filling in the attendance list runs smoothly without long queues. After that, the toddler mothers are invited to sit in the prepared place. The village midwife gives a speech to open this activity. At the same time, one Community Service Program group member responsible for the health project also provided opening remarks and read the activity rundown. This Community Service Program activity consists of two sessions, with the first session in the form of education about stunting delivered by one of the midwives from the Bantarbolang Health Center, namely Mrs. Nanik Setiyowati, A. Md., Followed by training in making supplementary food (PMT) for toddlers under 2 years old by providing information on how to make it as well as practice in front of pregnant and breastfeeding mothers. as shown in Figure 3.

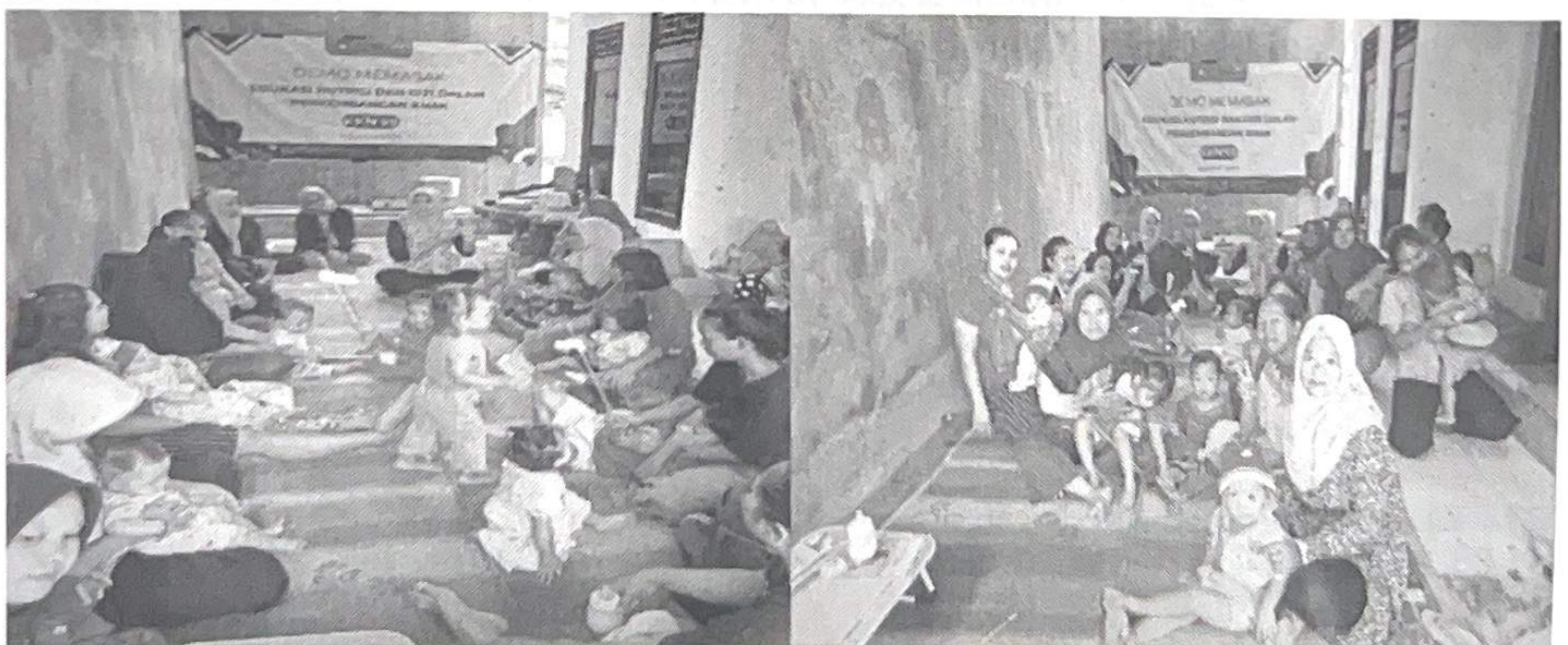


Figure 3. Education About Stunting and Training In Making Supplementary Food (PMT) for Children Under 2 Years of Age

Education about stunting prevention is critical because it can increase the knowledge of mothers of toddlers about the latest information about stunting, as well as the knowledge that continues to

develop and can be applied in everyday life.⁸ In addition, this education can also encourage the formation of positive behavior in mothers, which is directly related to stunting prevention efforts.⁹ Learning the science of stunting prevention is very important because stunting is a health problem that can significantly affect a child's physical and cognitive development. The following are some reasons why it is important to learn the science related to stunting prevention:

(1) Ensuring optimal child growth: The science of stunting helps parents, health workers, and the community understand the nutritional needs necessary for children to grow well. Physical growth retardation (stunting) usually occurs due to malnutrition in the first 1000 days of life, from the fetus to the age of two years. (2) Preventing long-term impacts: Stunting is not just about height that is inappropriate for age but also affects cognitive abilities and brain development. Stunted children have a higher risk of experiencing learning delays, low academic abilities, and difficulties obtaining good future jobs. (3) Improving the community's quality of life: When the level of stunting is high, the quality of human resources in a country can decrease. The community can create a healthier, more productive, and globally competitive generation by studying ways to prevent stunting. (4) Reducing the economic burden: Stunting can increase the economic burden on families and the country. Stunted children tend to get sick more often, require more medical care, and ultimately can reduce potential productivity in adulthood. The country can reduce health costs and increase community productivity by preventing stunting. (5) Knowledge of risk factors: Stunting helps identify risk factors such as maternal malnutrition during pregnancy, inadequate breastfeeding, or an unhygienic environment. By knowing these factors, interventions can be done earlier. (6) Increasing awareness and preventive action: Disseminating information about stunting can increase public awareness about the importance of nutrition, sanitation, and health services. This encourages the community to take preventive measures, such as providing nutritious food, maintaining cleanliness, and conducting routine health checks.¹⁰

By studying the science of stunting prevention, we can help reduce the prevalence of stunting and create a healthier, more innovative, and more productive generation. In the second session, a cooking demo practice was carried out regarding supplementary food for toddlers. The menu being practiced is sweet potato dessert, which is very simple to make, can be quickly done at home, and uses nutritious ingredients that are easy to find. In this session, the Community Service Program group members responsible for this program explain the ingredients used in making sweet potato dessert in detail and practice how to cook it step by step, as shown in Figure 4.

⁸ Dyah Puji Astuti, Wuri Utami, and Eti Sulastri, "Pencegahan Stunting Melalui Kegiatan Penyuluhan Gizi Balita Dan Pemberian Makanan Tambahan Berbasis Kearifan Lokal Di Posyandu Desa Madureso," in *The 11th University Research Colloquium* 2020, 2020, 74–79, <http://repository.urecol.org/index.php/proceeding/article/view/931/902>.

⁹ Linawati Novikasari and Livia Eka Fitriana, "Pengaruh Edukasi Gizi Terhadap Feeding Practice Pada Ibu Dengan Balita Stunting Di Puskesmas Simpang Agung Kecamatan Seputih Agungkabupaten Lampung Tengah," *Malabiyati Nursing Journal* 3, no. 1 (2021): 126–35, <https://doi.org/10.33024/manuju.v3i1.3724>.

¹⁰ Zainal Munir and Lina Audyna, "Pengaruh Edukasi Tentang Stunting Terhadap Pemgetahuan Dan Sikap Ibu Yang Mempunyai Anak Stunting," *Jurnal Keperawatan Profesional* 10, no. 2 (2022): 29–54, <https://doi.org/10.33650/jkp.v10i2.4221>.



Figure 4. Cooking Demo Practice Related to Supplementary Food for Toddlers: Dessert

The sweet potatoes are distributed to the toddlers, and the mothers are enthusiastic about this cooking demo session. This can be seen from the many questions asked by toddler mothers about how to make it, the ingredients used, and the number of servings needed in one cooking. Giving supplementary food to toddlers aims to meet their nutritional needs so that their weight and height follow their age.¹¹ According to Ahmed, supplementary food can use local ingredients available in the area based on the suggested recipe.¹² Wati also suggested that supplementary food utilize ingredients available in the local area.¹³

This aligns with the community service activities carried out by Harningsih in Pucangsawit Village, Jebres, Surakarta, which provides supplementary food to toddlers with local and healthy food ingredients.¹⁴ Mothers' knowledge increases by providing supplementary food and education about nutrition so they can routinely provide appropriate supplementary food to their children.¹⁵

This community service activity ended with a certificate presentation to one of the midwives at Bantarbolang Health Center. It was followed by a photo session with the mothers at Mawar 8 Integrated Health Post, as seen in Figure 5.

References

Ahmed, Tahmeed, Nazhat Choudhury, M. I. Hossain, Nazmul Taqatullah, M. M. Islam, Sadia ul Per, George Weigert, et al. "Development and Acceptability Testing of Ready-to-Use Supplementary Food Made from Locally Available Food Ingredients in Bangladesh." *BMC Pediatrics* 14, no. 1 (2014): 1–8. <https://doi.org/10.1186/1471-2431-14-164>.

¹¹ Walliyana Kusumaningati^{1*}, Nunung Cipta Dainy¹, and Rosyenne Kushargina¹, "Edukasi Cespleng (Cegah Stunting Itu Penting) Dan Skrining Stunting Di Posyandu Doktren 2 Kecamatan," in *Prosiding Seminar Nasional Pengabdian Masyarakat LPPM UMJ*, 2018, 2–6.

¹² Tahmeed Ahmed et al., "Development and Acceptability Testing of Ready-to-Use Supplementary Food Made from Locally Available Food Ingredients in Bangladesh," *BMC Pediatrics* 14, no. 1 (2014): 1–8, <https://doi.org/10.1186/1471-2431-14-164>.

¹³ Nila Wati, "Analisis Program Pemberian Makanan Tambahan (Pmt) Terhadap Status Gizi Anak Di Posyandu Kelurahan Sembungharjo Semarang," *TEMATIK: Jurnal Pemikiran Dan Penelitian Pendidikan Anak Usia Dini* 6, no. 2 (2020): 94, <https://doi.org/10.26858/tematik.v6i2.15539>.

¹⁴ Tri Harningsih et al., "Penyuluhan Stunting Dan Pemberian Makanan Tambahan Bagi Keluarga Yang Berhak Di Kelurahan Pucangsawit, Jebres, Surakarta," *Jurnal Peduli Masyarakat* 5, no. 1 (2023): 13–16, <https://doi.org/10.37287/jpm.v5i1.1509>.

¹⁵ Erina Masri, Wulan Kartika Sari, and Yensasnidar Yensasnidar, "Efektifitas Pemberian Makanan Tambahan Dan Konseling Gizi Dalam Perbaikan Status Gizi Balita," *JURNAL KESEHATAN PERINTIS (Perintis's Health Journal)* 7, no. 2 (2021): 28–35, <https://doi.org/10.33653/jkp.v7i2.516>.



Figure 5. Cooking Demo Practice Related to Additional Food for Toddlers

Conclusion

Nutrition Education Activities Stunting prevention efforts in Pegirigan Village, Bantarbolang District, Pemalang Regency, show that an approach involving active participation from the community, posyandu cadres, and support from the village government can have a positive impact in increasing knowledge and awareness of the importance of balanced nutrition, especially in the First 1000 Days of Life (HPK). Through counseling activities, training in making nutritious food, and empowering the family economy, this program has provided a better understanding to pregnant women and parents about the importance of balanced nutritional intake to prevent stunting.

Active community participation in this activity has proven effective in increasing their understanding of the causes and prevention of stunting. In addition, with training for posyandu cadres and economic empowerment through local agriculture, communities are increasingly able to access nutritious, easily obtained, and affordable nutritious food. Continuous assistance is also important to ensure that changes in diet and healthy living habits can continue to be implemented by families.

However, the success of this program is not without challenges, such as economic limitations and old habits that are difficult to change. Therefore, the sustainability of this stunting prevention program requires ongoing support from all parties, including the village government, health services, and the community itself, to create more significant changes in overcoming the problem of stunting in Pegirigan Village.

Reference

- Ahmed, Tahmeed, Nuzhat Choudhury, M. I. Hossain, Nattapol Tangsuphoom, M. M. Islam, Saskia de Pee, Georg Steiger, et al. "Development and Acceptability Testing of Ready-to-Use Supplementary Food Made from Locally Available Food Ingredients in Bangladesh." *BMC Pediatrics* 14, no. 1 (2014): 1–8. <https://doi.org/10.1186/1471-2431-14-164>.
- Ambar Asnaningsih, Ika Puspita Sari, M. Sa'id Abdurrohman KM, Najmah, and Enjoleni Kamaleng Zaahiroh, Rinda Ledian. "Demonstrasi Memasak Makanan Gizi Seimbang Sebagai Upaya Mencegah Stunting." *JAA (Jurnal ABDIMAS Ar Rahma)* 1, no. 1 (2024): 22–29.
- Astuti, Dyah Puji, Wuri Utami, and Eti Sulastri. "Pencegahan Stunting Melalui Kegiatan Penyuluhan Gizi Balita Dan Pemberian Makanan Tambahan Berbasis Kearifan Lokal Di Posyandu Desa Madureso." In *The 11th University Research Colloquium 2020*, 74–79, 2020. <http://repository.urecol.org/index.php/proceeding/article/view/931/902>.
- Harningsih, Tri, Noviana Dewi, Sri Harini, Dimas Suryo, Dinda Choirunisa, and Ellisa Putri Damayanti. "Penyuluhan Stunting Dan Pemberian Makanan Tambahan Bagi Keluarga Yang Berhak Di Kelurahan Pucangsawit, Jebres, Surakarta." *Jurnal Peduli Masyarakat* 5, no. 1 (2023):

- 13–16. <https://doi.org/10.37287/jpm.v5i1.1509>.
- Insani, Aulia. “Pemenuhan Asupan Gizi Anak Melalui Bekal Makanan Sehat Bagi Kesehatan Anak Usia Dini.” *Journal of Innovation Research and Knowledge* 2, no. 3 (2022): 843–48.
- Kusumaningati^{1*}, Walliyana, Nunung Cipta Dainy¹, and Rosyenne Kusharginal. “Edukasi Cespleng (Cegah Stunting Itu Penting) Dan Skrining Stunting Di Posyandu Doktren 2 Kecamatan.” In *Prosiding Seminar Nasional Pengabdian Masyarakat LPPM UMJ*, 2–6, 2018.
- Manik, Wagiman, Khairy Shafwa Althafah, and Dirja Hasugian. “Arabic for Old People at the Masjid Imam Syafii Tebing Tinggi City, North Sumatra.” *Al-ArkhabiiL: Jurnal Pengabdian Masyarakat* 2, no. 2 (2022): 28–36. https://doi.org/10.51590/jpm_assunnah.v2i2.267.
- Masri, Erina, Wulan Kartika Sari, and Yensasnidar Yensasnidar. “Efektifitas Pemberian Makanan Tambahan Dan Konseling Gizi Dalam Perbaikan Status Gizi Balita.” *JURNAL KESEHATAN PERINTIS (Perintis's Health Journal)* 7, no. 2 (2021): 28–35. <https://doi.org/10.33653/jkp.v7i2.516>.
- Munir, Zainal, and Lina Audyna. “Pengaruh Edukasi Tentang Stunting Terhadap Pemgetahuan Dan Sikap Ibu Yang Mempunyai Anak Stunting.” *Jurnal Keperawatan Profesional* 10, no. 2 (2022): 29–54. <https://doi.org/10.33650/jkp.v10i2.4221>.
- Muthia, Gina, Edison Edison, and Eny Yantri. “Evaluasi Pelaksanaan Program Pencegahan Stunting Ditinjau Dari Intervensi Gizi Spesifik Gerakan 1000 HPK Di Puskesmas Pegang Baru Kabupaten Pasaman.” *Jurnal Kesehatan Andalas* 8, no. 4 (2020). <https://doi.org/10.25077/jka.v8i4.1125>.
- Novikasari, Linawati, and Livia Eka Fitriana. “Pengaruh Edukasi Gizi Terhadap Feeding Practice Pada Ibu Dengan Balita Stunting Di Puskesmas Simpang Agung Kecamatan Seputih Agungkabupaten Lampung Tengah.” *Malabayati Nursing Journal* 3, no. 1 (2021): 126–35. <https://doi.org/10.33024/manuju.v3i1.3724>.
- Wati, Nila. “Analisis Program Pemberian Makanan Tambahan (Pmt) Terhadap Status Gizi Anak Di Posyandu Kelurahan Sembungharjo Semarang.” *TEMATIK: Jurnal Pemikiran Dan Penelitian Pendidikan Anak Usia Dini* 6, no. 2 (2020): 94. <https://doi.org/10.26858/tematik.v6i2.15539>.
- World Health Organization. *World Health Organization. Reducing Stunting in Children: Equity Considerations for Achieving the Global Nutrition Targets 2025*. World Health Organization; 2018., 2018.