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Comment on: Family roles and the incidence of wasting in toddlers: A Study at Pulo Lor Health Center, Jombang Regency

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ABSTRACT This letter to the editor addresses the significant findings and limitations of the study on the impact of family roles on toddler nutrition. While the research reveals a crucial link between family dynamics and the incidence of wasting, it is constrained by its cross-sectional design and dependence on self-reported data, potentially obscuring causal relationships. The letter advocates for the inclusion of longitudinal studies and qualitative methods to better understand family influences on nutritional outcomes. It also emphasizes the importance of culturally informed approaches and the alignment of research with public health policies to develop effective interventions for improving toddler nutrition across diverse communities.

INDEX TERMS Family roles; toddler; nutritional problem; supplementary food

Dear Editor,

I wish to express my thoughts on the article titled "Family roles and the incidence of wasting in toddlers: A Study at Pulo Lor Health Center, Jombang Regency" by Ratna Dewi Permatasari et al [1]. This research significantly contributes to our understanding of how family dynamics impact the nutritional status of toddlers, particularly in relation to the incidence of wasting. The authors effectively illustrate the correlation between inadequate family involvement in dietary management and poorer nutritional outcomes among young children. Their findings reveal a statistically significant relationship between maternal knowledge and the likelihood of wasting, as indicated by a p-value of 0.025. This emphasis on family roles highlights an essential area of study that warrants further exploration, especially in low-resource settings where the risk of undernutrition is alarmingly high.

However, despite the valuable insights provided, several critical limitations need to be addressed. The study adopts a cross-sectional design, which inherently limits the ability to establish causal relationships between family roles and nutritional outcomes. A longitudinal approach could offer clearer insights into how shifts in family dynamics over time

impact child nutrition [2]. Additionally, the reliance on self-reported questionnaires poses a potential risk of biased perceptions regarding parenting roles and dietary practices [3]. Future research could benefit from integrating objective measurements or alternative data collection methods to enhance the reliability of the findings. Moreover, the study may not adequately address cultural variations in perceptions and practices surrounding nutrition, making it essential to consider these dynamics when interpreting the results and formulating interventions. Furthermore, while the researchers assess nutritional status via physical measurements, incorporating qualitative measures such as dietary recalls could result in a more holistic view of the children's nutritional health [4].

To advance the discourse in this critical area of research, I recommend incorporating qualitative methods in future studies, such as interviews or focus group discussions. This approach could yield deeper insights into family perceptions, routines, and barriers to adequate nutrition. Additionally, integrating culturally informed frameworks would help contextualize nutritional practices among diverse populations, thereby enabling the formulation of more tailored interventions. Interventional studies aimed at

enhancing family roles in promoting toddler nutrition would also provide valuable data on effective strategies to increase parental knowledge and engagement. Lastly, aligning research findings with public health policies is vital to ensure that interventions are both sustainable and scalable. Engaging policymakers in the research process could significantly bridge the gap between academic findings and their practical implementation in health programs.

In conclusion, while the study by Permatasari et al. offers substantial contributions to our understanding of family roles in toddler nutrition and addresses the pressing issues surrounding wasting, recognizing its limitations and pursuing the outlined recommendations will further enrich academic discourse and lead to effective community-based interventions. Thank you for considering these insights, and I look forward to continued research on this vital topic.

VI. REFERENCES

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