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Factors relating to the nutritional status of toddlers in 2021

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ABSTRACT

Toddlers are the age group that most often suffers from malnutrition, which can be assessed by measuring their nutritional status. The nutritional status of a toddler is closely linked to various factors, including the mother's level of education, the parents' occupations, and the family's income. This study aims to determine the factors related to the nutritional status of children under five in the Village of Untia, District of Biringkanaya, Makassar, in 2021. The first factor is the mother's level of education, the second is the parents' occupations, and the third is the family's income. This research is an observational study using a cross-sectional approach, focusing on identifying the factors that influence the nutritional status of toddlers. The study sample consisted of 100 participants selected through purposive sampling. Data were collected through interviews and questionnaires filled out by the parents of the toddlers. Nutritional status was measured based on anthropometric BB/U compared with the WHO_NCHS Z-score values. Data analysis was performed using univariate and bivariate analyses. The results showed that the statistically significant factor influencing the nutritional status of children was family income (p-value = 0.000). Mothers' education level (p-value = 0.920) and the parents' occupations (p-value = 0.622) were not significant factors. It can be concluded that one of the key factors influencing the nutritional status of children is the parent's income. Higher-income families can provide better nutrition, while lower-income families may struggle, increasing the risk of malnutrition and health issues. Therefore, the economic well-being of parents is crucial in ensuring optimal nutrition and development for children.

1. Introduction

The toddler age group is the most common to suffer from malnutrition and poor nutrition [1]. Proper nutrition for children at the beginning of their lives is very important [2]. Malnutrition can have severe consequences, including death in the worst cases. According to UNICEF, hundreds of millions of children around the world suffer from malnutrition, indicating that this problem affects a very large population [3,4].

The Ministry of Health also explains that good nutrition is fundamental for health, immunity, vulnerability to disease, physical and mental growth and development [5,6]. Good nutrition will lower pain, disability, and death, thereby increasing the quality of human resources [7]. Efforts to develop and improve public nutrition are in accordance with the targets of the Medium-Term Development Plan, which aims to improve the quality of nutrition for individuals and society. This

is also in line with government policy through the Republic of Indonesia Minister of Health Regulation Number 29 of 2019 concerning countermeasures for health and nutrition problems in children. These efforts aim to achieve the SDGs by 2030, which include 17 goals with 169 targets. One of the objectives for achieving the SDGs is the goal "Zero Hunger," which targets ending hunger and all forms of malnutrition [8].

Undernutrition and malnutrition are detrimental to toddlers, causing disturbances in physical growth and health [9]. Indirectly, undernutrition and malnutrition can lead to prolonged nutritional deficiencies in toddlers, affecting their health, growth, susceptibility to infections, and intelligence. If left unaddressed, these issues can severely hinder a toddler's development [10–12]. Therefore, it is clear that nutritional problems are a shared concern, and all family members must take action to improve nutrition [13,14]. Toddlers are particularly vulnerable to nutritional issues, especially during the rapid growth phase from 0-4 years. This period is crucial for growth and will significantly influence and determine the child's future development [15].

According to global data, the number of children suffering from malnutrition worldwide has reached 104 million. Malnutrition is responsible for one-third of all child deaths globally. South Asia has the highest prevalence of malnutrition at 46%, followed by sub-Saharan Africa at 28%, Latin America and the Caribbean at 7%, and the lowest prevalence is found in Central and Eastern Europe and the Commonwealth of Independent States (CEE/CIS) at 5%. Malnutrition in toddlers is also prevalent in developing countries, including Indonesia [16].

In 2014, there were 50 million children under the age of five experiencing malnutrition. The global prevalence of malnutrition among children under five from 2010 to 2012 was still relatively high, at 15%, although it had decreased by 25%. A report from UNICEF stated that of the 23.5 million toddlers in Indonesia, around 8.3% suffered from severe malnutrition, and 45% experienced moderate malnutrition. In Indonesia, the incidence of malnutrition increased in 2013, with 19.6% of children under five experiencing malnutrition. South Sulawesi ranked 10th highest in the country, with a malnutrition prevalence rate of 25.6%. This malnutrition issue presents a challenge for all parties, including healthcare services. According to data from the Basic Health Research (Riskesdas) conducted by the Ministry of Health in 2010, the prevalence of toddlers experiencing nutritional problems in Indonesia as a whole reached 17.9%. Of that total, 13% of toddlers suffered from moderate malnutrition, while 4.9% suffered from severe malnutrition. The prevalence of severe malnutrition among toddlers decreased from 5.4% in 2007 to 4.9% in 2010. However, the prevalence of moderate malnutrition from 2007 to 2010 did not decrease, remaining at 13%. The results of Riskesdas 2010 also showed that the prevalence of severe and moderate malnutrition was higher among male toddlers compared to female toddlers.

Nutritional problems are a consequence of various interrelated factors. The incidence of malnutrition in toddlers is closely related to several factors, including parents' income. Income can influence a family's consumption patterns [17]. Higher-income leads to better consumption of nutritious food for the family [18,19]. Conversely, lower-income reduces the family's consumption of nutritious food. As a result, families with low income may struggle to meet their nutritional needs, paying less attention to nutritional intake [20,21]. the majority of toddlers with malnutrition came from low socioeconomic status families (87.5%), while those with good nutrition mostly came from high socioeconomic status families (75%). This indicates a connection between socioeconomic status and the incidence of malnutrition in toddlers [22].

Additionally, low education and knowledge can affect the availability of food in the family, which in turn influences the quantity and quality of food consumption, directly causing malnutrition in toddlers. The incidence of malnutrition in toddlers with mothers who have low education and knowledge was found to be 70%, making up a significant portion of the group with poor nutrition.

This indicates a connection between a mother's education and the incidence of malnutrition in toddlers [23,24].

According to previous research on factors related to the nutritional status of toddlers in the working area of the Nanggalo Padang Public Health Center, bivariate analysis showed a significant relationship between maternal education (p = 0.022), maternal employment (p = 0.000), family income (p = 0.012), number of children (p = 0.008), and maternal parenting patterns (p = 0.000) [25]. However, a different study found that maternal education was not related to the nutritional status of toddlers (p = 0.471) [26]. Other research showed a significant relationship between maternal employment (p = 0.077), maternal education level (p = 0.029), and maternal knowledge (p = 0.046) with the nutritional status of children. However, no significant relationship was found between monthly family income (p = 0.598) and nutritional status [27]. In contrast, previous research showed a statistically significant relationship between income level and nutritional status, with a p-value of 0.000 [28].

In addition to scientific and medical perspectives on the importance of providing good nutrition, proper nourishment is also emphasized in the Qur'an. Allah SWT says in Surah Abasa (80:24), "So let man look at his food." Al-Maraghi interprets this verse by stating that humans should reflect on their existence and the food they consume—how it is created and provided to sustain their lives. For humans to be physically and spiritually healthy, one of the key supporting factors is the quality of the food they eat and how it is consumed. For a Muslim, eating is not merely about satisfying hunger or pleasing the palate but is aimed at maintaining physical and spiritual health, enabling them to perform their functions effectively.

In another verse, Allah SWT advises humans to be mindful of the quality of their food, recommending that they consume halal and wholesome food to fulfill their needs without following the devil's temptations or giving in to base desires. As stated in Surah Al-Baqarah (2:172), "O you who believe, eat from the good things We have provided for you and be grateful to Allah, if it is Him you worship." Through this verse, Allah SWT commands His believing servants to eat good, lawful food from the sustenance He has provided and always to be thankful for the blessings they receive, if they truly worship Him. Consuming halal food is crucial for the acceptance of prayers and acts of worship, while consuming unlawful food can hinder the acceptance of these prayers and acts of devotion. The results of the data still exists problem nutrition as well as different results study previous and descriptions of the importance of nutrition to growing flower toddlers, so the researchers are interested In a study on "Related Factors with Nutritional Status Toddlers in the Village Untia subdistrict Biringkanaya Jalan Sallodong Makassar City in 2021.

2. Method

It is a quantitative study with a cross-sectional approach, aimed at examining the relationship between the dependent variable (nutritional status of toddlers) and independent variables (related factors) was conducted over a one-year period, from February 15, 2020, to February 20, 2021, in Untia Subdistrict, Biringkanaya District, Makassar City. The sample size consisted of 100 respondents focused on toddler, selected using a purposive sampling technique, where participants were chosen based on specific inclusion and exclusion criteria. The inclusion criteria are toddlers aged 12-60 months who live in the Untia sub-district, Biringkanaya sub-district, while the exclusion criteria are parents who have toddlers with disabilities or congenital abnormalities.

The researcher explained the study's purpose and process to the respondents, who then signed consent forms to participate. Respondents also completed a questionnaire that included their personal information and questions related to various factors affecting the nutritional status of toddlers. Nutritional status was measured using weight-for-age and interpreted with the Z-score table.

As for the method of deep data collection study namely primary and secondary. Primary data was obtained from observation directly with a shared questionnaire direct to parents, identity child toddlers, and the nutritional status of children using a questionnaire that measured the frequency of fish consumption by toddlers in the last week. Meanwhile secondary data direct from Public Health Center Bulurokeng and Village Office Untia Subdistrict Biringkanaya Makassar City. After data collection, the data were edited and processed. Univariate analysis was performed to describe respondent characteristics, producing frequency and percentage distributions. Using the chi-square test, a bivariate analysis was conducted to examine the relationship between each independent variable and the dependent variable. The chi-square test results were used to determine whether there was a relationship between the dependent and independent variables by analyzing the p-value. The hypothesis was rejected if the p-value was ≥ 0.05, indicating no significant relationship. Conversely, the hypothesis was accepted if the p-value was < 0.05, indicating a significant relationship.

Furthermore, the ethics used in this research are informed consent, anonymity, confidentiality. Data processing is carried out electronically with the use of the SPSS 22 For Windows application and later served in a distribution table form frequency and percentage accompanied by an explanation in a narrative way.

3. Results and Discussion

3.1. Results

Respondents Characteristics

The result of respondent's characteristics in this research can be shown by following Tabel 1 below:

Table 1. Distribution frequency characteristics of respondents

Characteristics		N (100)	%
Age	12-36 months	42	42
	37-60 months	58	58
Type sex	Male	41	41
	Female	59	59
Mother's level of education	Low	41	41
	Height	59	59
Parents Job	Work	84	84
	No work	16	16
Parental Income	Good	48	48
	Enough	52	52

Table 1 shows the distribution frequency characteristics of respondents based on age. It indicates that there are 42 respondents (42%) in the age range of 12-36 months and 58 respondents (58%) in the age range of 37-60 months. For the gender category, the majority of respondents are female, with 60 respondents (60%). Regarding the category of mother's education, it can be seen that most mothers have a low level of education, with 59 respondents (59%). For the category of parents' jobs, most parents are self-employed, with 84 respondents (84%). Meanwhile, for the category of parents' income, the majority have a low income, with 52 respondents (52%).

Relationship between Mother's Education Level and Toddler Nutritional Status

Table 2. Relationship between mother's education level with nutritional status toddler

Nutritional Status	Parental Education						p-value
	High		*Low*		*Total*		
	n	%	*n*	%	*n*	%	
Good	25	25	32	32	57	57	0.920
Less	10	10	16	16	26	26	
More	5	5	9	9	14	14	
Bad	1	1	2	2	3	3	

Based on Table 2 above, it is shown that some parents have a low level of education, with the most common nutritional status being good, represented by 32 respondents (32%). The nutritional status of less is seen in 16 respondents (16%), more in 9 respondents (9%), and bad in only 2 respondents (2%). For parents with a high level of education, the nutritional status is good in 25 respondents (25%), not enough in 10 respondents (10%), more in 5 respondents (5%), and not enough in only 1 respondent (1%).

The study results concluded that many parents with a low level of education have children with good nutritional status. In contrast, only a small proportion (41%) of parents with a high level of education have children with good nutritional status. The researchers concluded that there is no connection between parental education level and the nutritional status of their toddlers. This is proven by the chi-square test results, which show a p-value of 0.920 (>0.05), indicating that H0 is accepted and H1 is rejected, meaning there is no significant correlation between parental education level and the nutritional status of toddlers in the Village of Untia.

Relationship between Parents' Work and Toddlers' Nutritional Status

Table 3. Relationships between parents ' job with nutritional status toddler

Nutritional Status	Parents ' job						p-value
	High		*Low*		*Total*		
	n	%	*n*	%	*n*	%	
Good	50	50	7	7	57	57	0.622
Not Enough	21	21	5	5	26	26	
More	11	11	3	3	14	14	
Bad	0	0	3	3	3	3	

Based on Table 4.3 above, it is shown that among working parents, a large proportion have children with good nutritional status, totaling 50 respondents (50%). Meanwhile, 21 respondents (21%) have children with less nutritional status, 11 respondents (11%) have children with more nutritional status, and none have children with bad nutritional status. For parents who do not work, only a few have children with good nutritional status, totaling 7 respondents (7%). Additionally, 5 respondents (5%) have children with not enough nutritional status, 3 respondents (3%) have children with more nutritional status, and 3 respondents (3%) have children with bad nutritional status.

This research indicates that the employment factor does not relate to the nutritional status of toddlers. This is proven based on the chi-square test results, which show a p-value of 0.708 (>0.05), indicating that H0 is accepted and H1 is rejected. This means there is no significant correlation between parents' jobs and the nutritional status of toddlers in the Village of Untia, Subdistrict Biringkanaya, Makassar City.

Relationship between parents' income frequency and toddlers' nutritional status

Table 4. Relationship between parental income with nutritional status toddler

Nutritional Status	Parental Income						p-value
	High		*Low*		*Total*		
	n	%	*n*	%	*n*	%	
Good	23	23	34	34	57	57	0.000
Less	11	11	15	15	26	26	
More	14	14	0	0	14	14	
Bad	0	0	3	3	3	3	

Based on Table 4 above, it is shown that a large proportion of parents' income is still low, with 34 respondents (34%) having toddlers with good nutritional status. The nutritional status of less is seen in only 15 respondents (15%), and there are no respondents with more nutritional status. Only 3 respondents (3%) have toddlers with bad nutritional status. Meanwhile, 23 respondents (23%) have toddlers with good nutritional status among parents with good income, slightly higher than parents with low income. There are only 11 respondents (11%) for the nutritional status of not enough, and for more nutritional status, there are 14 respondents (14%), which is slightly higher than insufficient nutritional status.

No cases of bad nutritional status were found among high-income parents. Therefore, it can be concluded from this research that parents with good incomes tend to have toddlers with good nutritional status. In contrast, parents with low income tend to have toddlers with not enough to have a bad nutritional status. This conclusion is also supported by the chi-square test results, which show a p-value of 0.000 (<0.05), indicating that H0 is rejected and H1 is accepted. This means there is a significant correlation between parents' income and the nutritional status of toddlers in the Village of Untia, Subdistrict Biringkanaya, Makassar City.

3.2. Discussion

Relationship between Mother's Education Level and Nutritional Status

The research results show that maternal education is statistically not related to the nutritional status of toddlers. In this study, maternal education does not affect the nutritional status of toddlers. This can happen because, in this research, many mothers of toddlers came to the community health center to listen to education from health workers about the importance of diversity and good amounts of food for toddlers as a source of development. and developments both now and in the future. Apart from that, mothers with low levels of education, with current technological developments, can easily access information from various media to increase their knowledge about the completeness of good nutrition for their toddlers.

The results of this research are in line with previous studies, which revealed that there is no relationship between maternal education and the nutritional status of children under five. This occurs because many other factors also influence the nutritional status of children under five, such as the economy. Even if the mother's education is high, she may be unable to provide nutritious food sources, which will affect the nutritional status of her toddler. Additionally, the mother's knowledge about nutrition also has an influence. Even if the mother's education is low, if she has sufficient knowledge in the field of nutrition, she can choose to buy and serve nutritious food for her toddler [29]. This is reinforced by the opinion that a higher level of general education, without being accompanied by knowledge in the field of maternal nutrition, especially for mothers, has no effect on food choices for the family. Good nutritional knowledge enables a person to prepare a good menu for consumption [30].

The results of this research are also in accordance with Firmana's research, which found no relationship between the mother's education level and the child's nutritional status ($p = 0.471 > 0.05$).

The absence of a relationship between education and nutritional status may be due to current technological developments. Mothers with low levels of education can easily access information from various media, thereby increasing their knowledge [31]. This result contrasts with other research that showed a significant relationship between maternal education and the nutritional status of toddlers. This finding is supported by multivariate analysis, which shows that maternal education is indeed a factor related to the nutritional status of toddlers [32]. The results suggest that maternal education plays a major role in determining children's nutritional status, with most studies indicating that low maternal education is a primary factor in malnutrition [26].

The education level of mothers of toddlers in Untia Village is mostly low, while the nutritional status of most toddlers is good. This can be influenced by the routine activities of community health centers and posyandu, which regularly convey health information and education about children's nutrition. These activities significantly help mothers increase their knowledge of toddlers' growth and development, enabling toddlers to grow and develop optimally. Additionally, a mother's education level is closely related to her knowledge and ability to understand and process food for the family, ensuring it has nutritional value for the toddler. However, determining the nutritional status of toddlers is not solely based on educational factors; other factors, such as the mother's knowledge and the family's economic level, also play a role. It is possible that a mother's knowledge about how to prepare good and varied food and good parenting patterns also affect the toddler's nutrition. Low education does not necessarily preclude good nutritional status for toddlers. Similarly, economic factors are crucial; if the ability to buy and provide food is low, it impacts the ability to consume nutritious food, significantly affecting the nutritional status of toddlers. Low-income people often prioritize filling their stomachs over the nutritional value of their food.

The Relationship between Parental Employment and Nutritional Status of Toddlers

The results of the statistical data show that there is no significant relationship between parental employment and the nutritional status of toddlers. The work status of parents, especially mothers, does not affect children's nutritional status due to several factors. These include the level of parental knowledge, which enables parents, especially mothers, to set aside time to prepare food for their children, and the high economic status of parents, which can make it easier for them to access or hire caregivers and regulate children's eating patterns. Children entrusted to a grandmother or other family member are more likely to meet the nutritional needs of a toddler of that age [33].

The results of this research align with previous studies that revealed no relationship between a mother's employment and the nutritional status of toddlers. Even if the mother does not work, it does not necessarily lead to good parenting patterns. Some parents do not work and have more time to care for their children, but this is not always balanced by providing nutritious food to children under five. Without guaranteed nutritious food and proper parenting patterns, children will still experience malnutrition [34]**.** Parents who do not work will automatically not earn an income. Hence, there is a possibility that the daily nutritional needs of toddlers will not be met. Although the nutritional intake consumed is likely to affect the nutritional status of toddlers, supervision from the family is needed to ensure they provide adequate and nutritious food intake [31].

The results of this study show that some parents of toddlers who do not work have toddlers with good nutritional status. This is because parents who do not work have much free time to pay attention to the nutritional needs of toddlers and take care of them, ensuring their growth and development can be monitored. Meanwhile, the research also found that working mothers have toddlers with good nutritional status as well. This is because working parents can increase family income, which helps in meeting food needs, especially the nutritional needs of children and their families. With a good economy, it is easier to access sufficient and nutritionally valuable food. Additionally, when parents

work, family members or grandmothers often care for children, ensuring they still receive the right and balanced food intake.

Therefore, it can be concluded that parental employment is not significantly related to the nutritional status of toddlers. The research results show that working and non-working parents can have toddlers with good nutritional status. This is because assessing toddlers' nutritional status is based not only on parental employment but also on supporting factors such as family income. With a good income, purchasing power and the ability to fulfill food intake improve, leading to better nutritional status. Conversely, low income can negatively impact nutritional status. Furthermore, assessing the nutritional status of toddlers also involves considering good parenting patterns. Parents of toddlers are crucial to their children's growth and development. Free time, closeness to children, and good care foster a sense of love and affection, contributing to good nutritional status.

Relationship between Income and Nutritional Status of Toddlers

The statistical results show a relationship between parental income and the nutritional status of toddlers. Parents with good incomes tend to have toddlers with good nutritional status, while parents with low incomes often have poor nutritional status. According to researchers, parents' economic status influences the adequacy and quality of food consumed by children daily, which can be assessed by evaluating the nutritional status of toddlers. One of the causes of nutritional problems in developing countries is the low economic condition of families. Poverty limits a family's ability to meet nutritional needs in quantity and quality. Higher-income allows for a greater percentage of that income to be spent on fruits, vegetables, and other nutritious foods [35].

Research classifying family income based on the Provincial Minimum Wage (UMP) found that families with low incomes (< IDR 2,250,000/month) are more likely to have toddlers with poor nutritional status. In contrast, those with incomes ≥ IDR 2,250,000/month tend to have toddlers with good nutritional status. Thus, family income can be used as a benchmark for the nutritional status of children under five. Previous research found that families with low incomes have a 10.5 times higher risk of having children with abnormal nutritional status compared to families with high incomes.

The results of this research align with findings from Selodoko Village, Ampel District, Boyolali Regency, which indicate a significant relationship between family income and the nutritional status of toddlers ($p = 0.001$) [36]. The family's income level determines the quantity and quality of family food. Poverty is a primary cause of malnutrition and requires serious attention, as it significantly influences food consumption patterns and the family's nutritional adequacy [37]. This is due to the limited physical and economic access to good food. This aligns with the opinion that nutritional adequacy is determined by food consumption and family conditions [22]. UNICEF: The fundamental causes of malnutrition are socio-economic factors, such as education, employment, family income, culture, and technology. These factors collectively influence children's nutrition, as the family's income level determines the quantity and quality of family food. In general, poverty ranks as the primary cause of malnutrition. As mentioned in the Qur'an, Allah SWT emphasizes the importance of consuming good and halal food from the sustenance He provides and maintaining a good nutritional status. This is explained in Surah an-Nahl: 114, which says: "Then eat from what is lawful (halal) and good (thayyib) from the sustenance that Allah has given you, and be grateful to Allah for His blessings, if it is Him you worship."

In the Qur'an, the term "halal" is used to address various matters such as business transactions (muamalah), family, marriage, and issues related to food and sustenance. However, the word "halal" is most commonly used in reference to food, drink, and sustenance, while the word "thayyib," according to al-Isfahani, refers to something that is truly good [38]. Consumption involves the use or utilization of goods and the consumption of food that is halal, good, and beneficial for humans.

Essentially, everything on earth was created by Allah SWT for the benefit of humans and other creatures. Therefore, what is produced on earth—plants, herbs, livestock, and various kinds of food and drink—can be used and enjoyed. Allah SWT created all of these resources to be eaten, drunk, or utilized.

Thus, all types of food and drink are permissible and halal, unless there is clear evidence prohibiting them. Allah SWT has instructed us to consume halal and good food. The terms "halal" and "good" are closely related to human health, as food may be halal but not beneficial for someone's health, or vice versa. For example, avoiding junk food can lead to strong bones, healthy muscles, a clear mind, clean lungs and heart, and a heart that pumps blood efficiently [39]. Islam has also guaranteed the right of every child to live with full protection. History shows that when Islam was introduced, the Arab practice of killing female infants was abolished with the revelation of Allah SWT's command: "And do not kill your children for fear of poverty. We will provide for them and for you. Indeed, killing them is a great sin." (Surah Al-Israa: 31).

The Prophet Muhammad (peace be upon him) taught us to love our families, including our children. He emphasized that fulfilling the right of a child to love and care is essential. The Prophet said: "The best among you are those who are most merciful to their families." He did not only teach love through words but also actions. One day, Umar saw the Prophet crawling on the ground while two small children rode on his back. Umar said, "O children, what a wonderful ride you have." One of the children replied, "What a wonderful rider we have!" This interaction reflects the deep affection between the Prophet and his grandchildren.

Through this verse, Allah SWT commands us as parents to provide our children with the right to life and protection, and the Prophet taught us to show love not only through words but also through actions that demonstrate genuine care and compassion [38]. Allah has also provided clear guidance on children's rights to protection and sustenance within the family, as stated in Surah At-Talaq, verse 6: "House them (the wives) where you dwell, according to your means, and do not harm them to make life difficult for them. And if they are pregnant, then provide for them until they give birth. And if they breastfeed your child, give them compensation and reasonably consult with each other. But if you find difficulty, let another woman breastfeed the child for him." (Surah At-Talaq: 6)

As the family leader, a father is responsible for the safety and well-being of his family members, including his children. He is tasked with protecting his children from harm, both physically and emotionally. The father must also provide his children with food, clothing, and shelter. If the head of the family cannot provide for his family, or if the father has passed away, the child's guardians (such as uncles, brothers, or grandfathers) must ensure the family's needs are met. If no relatives can fulfill this duty, the state is responsible for providing for the child. The state distributes zakat or other financial resources to families in need. Regardless of the circumstances, no child should be left to fend for themselves.

4. Conclusion

This research concluded that there is no significant relationship between the education level or the jobs of parents and the nutritional status of toddlers. However, the study found a significant relationship between parents' income and the nutritional status of toddlers. However, the study found a significant relationship between parents' income and the nutritional status of toddlers. The significant relationship between parents' income and the nutritional status of toddlers suggests that higher household income leads to better nutrition and overall health for children. This is likely because higher-income families can afford better-quality food, healthcare, and other resources. To improve toddlers' nutritional status, efforts should focus on increasing economic opportunities for

parents through job training or income-generating programs, and providing nutritional education and affordable healthy food options for lower-income families to reduce disparities in child nutrition.

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Conflict of Interest

The authors report no conflicts of interest.

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