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Original Article

Effectiveness of the 'One Week One Egg' Program in Preventing Stunting in Palangka Raya City

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Abstract

Stunting remains a significant public health issue in Indonesia because its impact not only hinders linear growth but also reduces cognitive development, educational attainment, and long-term productivity. These risks prompted the government to accelerate its eradication through RAN-PASTI 2021–2024. In response, the city of Palangka Raya established a Stunting Reduction Acceleration Team (TPPS) and introduced several innovations, including the One Week One Egg (OWOE) programme, which engages civil servants, students, and contract workers in donating eggs to stunted toddlers and at-risk families. This study aims to evaluate the effectiveness of OWOE in supporting stunting reduction efforts at the city level. The method used is a literature review based on secondary data from government reports, TPPS documents, the Indonesian Nutrition Status Survey (SSGI), and scientific publications on animal-based foods and child nutrition. The evaluation was conducted by analysing participation levels, the number of eggs collected, beneficiary coverage, and its correlation with changes in stunting prevalence. The results show that OWOE successfully collected around 3,250 eggs per week (108 trays) and served 54 toddlers, although this coverage remains far below the total of 7,622 at-risk families. Stunting prevalence in Palangka Raya also decreased significantly from 28% in 2023 to 19.1% in 2024, lower than provincial and national rates, indicating OWOE's contribution to strengthening convergence efforts. With its simple, low-cost, and community-based approach, OWOE has the potential to be further developed and replicated in other regions to support the achievement of national stunting reduction targets.

Keywords: Child Nutrition, Community Intervention, Eggs, Palangka Raya City, Stunting.

1. Introduction

In Indonesia, stunting is understood as a growth disorder characterised by a child's height not being appropriate for their age, due to chronic malnutrition and susceptibility to recurrent infectious diseases (Mulyani et al., 2025). The impact of stunting is multidimensional, not only hindering physical growth, but also reducing cognitive development (Zuhkrina et al., 2020), educational attainment, and lowering productivity in adulthood (Soliman et al., 2021). This makes accelerating the reduction of stunting a national strategic agenda.

In the 2021-2024 RAN-PASTI document, the government has set a target of reducing the prevalence of stunting to 14% by 2024 (Melisa et al., 2022). This policy direction is reinforced in the Prabowo-Gibran 2025-2029 Government Vision, particularly in the 4th Asta Cita, which focuses on human resource development, health, education, and the strategic role of women, youth, and persons with disabilities (Yanti et al., 2025). This vision is in line with

the development mission of the Province of Central Kalimantan Berkah dan Maju, which places improving the quality of human resources as a top priority (Sari, 2023).

The city of Palangka Raya, as the provincial capital, supports national policies by forming a Stunting Reduction Acceleration Team (TPPS) and developing several innovative programmes. Several local innovations have been implemented, such as the GENTING, DASHAT, and OWOE programmes, which are based on animal-based food contributions from the community. Based on data from the Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting in Palangka Raya City in 2024 was 19.1%, a decrease of 8.9% compared to 2023. Despite this improvement, 7,622 families at risk of stunting still require attention (Kemenkes, 2023).

Stunting remains a major health problem in Indonesia, and evidence from systematic reviews shows that animal protein intake is highly influential in preventing stunting, as animal products provide the essential amino acids necessary for children's linear growth (Iswara & Syafiq, 2024). Among animal protein sources, eggs stand out as an economical and easily accessible option, rich in nutrients, particularly high-quality protein and essential micronutrients, making them a potential nutritional intervention for toddlers at risk of stunting (Izah & Desi, 2023). Egg-based interventions have been tested in several local contexts in Indonesia; for example, the “GASPOL DULUR” programme, which provides egg tofu balls as a supplementary food, has shown potential in improving local feeding practices and nutritional intake (Amalia et al., 2023). In addition, community service in South Konawe Regency used moringa fish nuggets and eggs for 12 days in toddlers aged 12–24 months and showed improvements in anthropometry, indicating that eggs can be an effective part of nutritional intervention strategies (Saranani et al., 2023). Study by Putra et al. (2025) It also highlights salted eggs as a practical and nutritious food for rural communities as a solution to prevent stunting.

Scientific support for eggs as an additional intervention is also reinforced by systematic analysis. A systematic review of RCTs on egg intervention found that egg supplementation consistently improved linear growth in children with growth disorders (Mandowa et al., 2025). Cross-regional quantitative research in Java and Bali (Mandowa et al., 2025) shows that animal-based food consumption contributes significantly to reducing the prevalence of stunting, supporting the hypothesis that increased animal-based intake (including eggs) can have a positive impact on children's nutritional status.

Scientific studies in Central Kalimantan have mostly focused on stunting risk factors, such as parenting practices, breastfeeding practices, maternal nutritional status, sanitation, and socio-economic aspects (Rizkiah, 2023; Migang et al., 2024; Rahman et al., 2024). However, research on animal-based food nutrition interventions is still rare. Meanwhile, global evidence shows that egg consumption contributes positively to children's linear growth thanks to its protein and essential micronutrient content, including vitamins A, D, B12, and iron (Larson et al., 2024; Larson et al., 2024). This fact points to a research gap at the local level regarding the evaluation of egg-based programmes.

This study is novel in that it conducts the first scientific evaluation of the One Week One Egg programme in Palangka Raya City. This programme is community-based, involving civil servants, students, contract workers, and the private sector in donating eggs to stunted and stunting-at-risk toddlers. The effectiveness of the programme is measured through three indicators, namely (1) the level of participation and the number of eggs collected, (2) the coverage of beneficiaries, and (3) its relationship with the decline in stunting prevalence. Thus, this study is expected to provide academic contributions as well as practical recommendations

in designing simple, sustainable, and replicable community nutrition interventions in other regions.

The aim of the study can be more precisely defined as evaluating the implementation of the OWOE programme, particularly its participation, coverage, and operational contribution to stunting-reduction efforts, rather than measuring its direct impact on stunting prevalence. Since the method relies on a literature review and secondary data, it is not designed to establish causal impact but is appropriate for assessing how the programme has been carried out, how many beneficiaries it reaches, how many eggs it mobilises weekly, and how these outputs align with broader stunting-reduction trends in Palangka Raya.

2. Method

2.1. Research Types and Approaches

This study utilised a qualitative descriptive approach that focused on literature analysis and secondary data to describe the effectiveness of the One Week One Egg Programme in accelerating stunting reduction in Palangka Raya City. This approach was chosen because it was suitable for examining phenomena based on documents, official reports, and statistical data without collecting primary data.

2.2. Data Sources and Collection Techniques

The research data was sourced from secondary data derived from TPPS Local Government reports, the results of the Indonesian Nutrition Status Survey (SSGI), documents from the Stunting Reduction Acceleration Team (TPPS), scientific publications, and various national reports relevant to nutrition interventions and stunting prevention. Data collection techniques were carried out through systematic document searches using keywords such as stunting prevention, nutrition intervention, and the One Week One Egg programme. Each document was then selected based on its relevance, credibility, and timeliness of information.

2.3. Data Analysis Techniques

Data analysis was conducted using descriptive and comparative methods. Descriptive analysis was used to describe programme implementation, community participation levels, and beneficiary coverage. Meanwhile, comparative analysis was applied to compare changes in programme achievements across years and to observe the consistency of trends with stunting prevalence data from SSGI. All documents were analysed using content analysis techniques to extract themes, patterns, and important information related to programme effectiveness.

2.4. Program Effectiveness Indicators

The effectiveness of the One Week One Egg programme is measured through three main indicators, namely:

1. Level of community participation and number of eggs collected, indicating community support for nutritional interventions.
2. Coverage of beneficiaries, particularly stunted toddlers and toddlers at risk of stunting who receive egg distributions.
3. Alignment of programme implementation trends with the decline in stunting prevalence based on SSGI reports and Palangka Raya City TPPS documents.

2.5. Data Validity

To maintain the reliability of the research results, source triangulation was carried out by comparing information from various government documents, national surveys, and scientific publications. This triangulation ensures that the data used is consistent, credible, and scientifically accountable.

3. Result and Discussion

3.1. Research Results

Palangka Raya City, as the administrative centre of Central Kalimantan Province, consists of 5 subdistricts and 30 urban villages with a population of 305,907 in 2023. Of this number, there are 155,496 males and 150,411 females, with a population growth of 3.04% since 2019. This demographic condition is a social asset that supports the implementation of community-based nutrition intervention programmes, one of which is One Week One Egg.

Efforts to reduce stunting in Palangka Raya City are aimed at toddlers, infants, prospective brides and grooms, pregnant women, nursing mothers, families, and the community, with a focus on underprivileged families. Prevention from the pre-conception period to early childhood is important to break the chain of malnutrition. Data-driven implementation utilises the E-PPGBM application, BKKBN databases, posyandu (community health posts), and cross-sectoral collaboration, ensuring interventions are more targeted. (Palangka Raya City Health Department and BKKBN).

Table 1. Data on Families at Risk of Stunting in Palangka Raya City Subdistricts in 2024

No	Subdistrict	Number of Families	Number of Target Families	Number of families at risk of stunting
1	Pahandut	21.887	12.553	3.845
2	Bukit Batu	3.630	2.247	477
3	Jekan Raya	25.091	14.258	2.374
4	Sebangau	6.412	4.245	706
5	Rakumpit	1.071	687	220
Number		58.081	33.990	7.622

Data Source: Families at Risk of Stunting in 2024 based on Data Verification and Validation of Family Assistance in the Second Semester of 2023 (PK23)

Based on the data in Table 1, in 2024, Palangka Raya City recorded 58,081 families, with 33,990 target families and 7,622 classified as at risk of stunting. Pahandut Subdistrict contributed the highest number (3,845), followed by Jekan Raya (2,374). Rakumpit recorded the lowest number (220), but the percentage was relatively large (32%). These findings indicate the need for massive intervention in Pahandut and Jekan Raya and community-based strategies in Rakumpit. (2023 Family Data Collection)

The 'ONE WEEK ONE EGG' programme encourages all employees, contract workers, students, and the community to donate one egg per week, with the following strategy:

a. Easy to implement and inexpensive
b. Many groups can participate in the programme
c. Guaranteed sustainable programme implementation

Table 2. Simulation conducted in Palangka Raya City

Government Scope	Campus Scope
Number of OPDs = 35	Number of participating campuses = 3
Number of employees = 50 people	Number of students = 500
Number of eggs = 35 x 50 = 1,750 eggs	Number of eggs = 3 x 500 = 1,500
In 1 week, there are around 58 trays	In one week, there are around 50 trays.
Where the total number of eggs collected in one week is 3,250 = approximately 108 trays. If one stunted toddler per week is given two trays of eggs, then this programme already accommodates the animal protein requirements of 54 toddlers per week.	

Data Source: DPAPPKB Palangka Raya City, 2024

Based on Table 2, the simulation of the programme implementation shows the involvement of government officials and students. A total of 35 regional government agencies with an average of 50 employees contributed around 1,750 eggs per week, while three universities with 500 students added 1,500 eggs per week. Thus, a total of 3,250 eggs per week, equivalent to 108 cartons, were collected and distributed to stunted toddlers. Based on the standard of two cartons per child per week, this programme was able to serve around 54 toddlers. Although this is still far from the total of 7,622 families at risk of stunting, this contribution ensures a sustainable additional intake of animal protein.

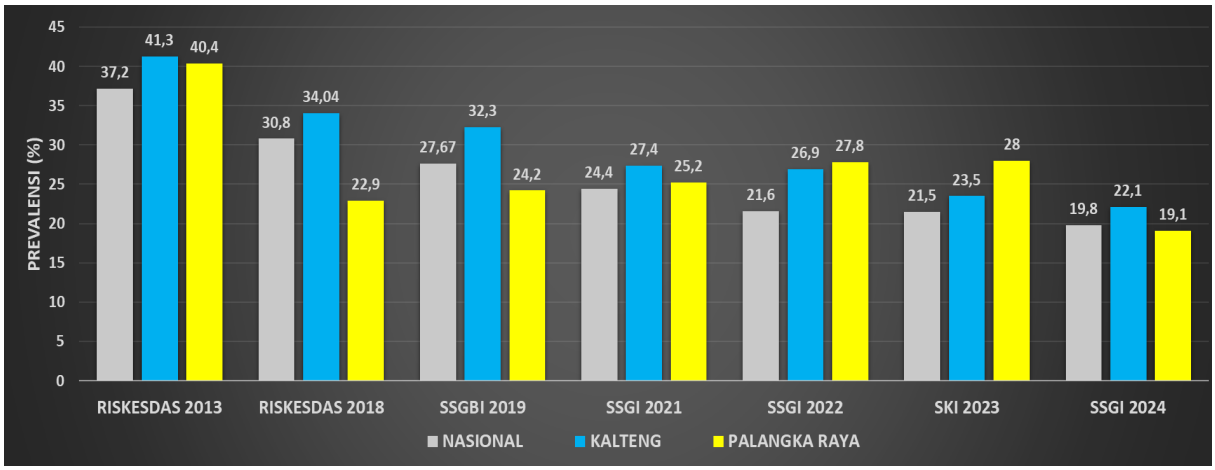

Figure 1. Development of stunting prevalence in Palangka Raya City, Central Kalimantan, and nationally from 2013 to 2024 (SSGI & SKI)
Data Sources: Basic Health Research (RISKESDAS), Indonesian Nutrition Status Survey (SSGI), Indonesian Health Survey (SKI)

Figure 1 shows the development of stunting prevalence in Palangka Raya City between 2013 and 2024. Stunting prevalence, which reached 28% in 2023, fell significantly to 19.1% in 2024, representing a decrease of around 8.9%. This achievement is better than the average for Central Kalimantan Province (22.1%) and the national average (19.8%), indicating accelerated progress in tackling stunting at the local level.

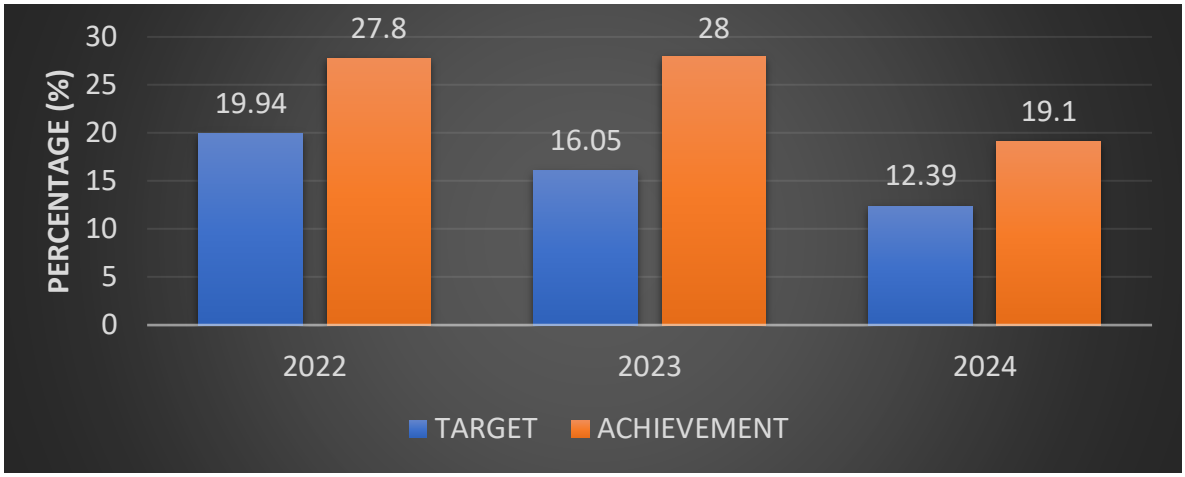

Figure 2. Stunting prevalence targets and achievements for Palangka Raya City 2022–2024 (SSGI & SKI)
Data Source: Data on the Prevalence of Stunting in Palangka Raya City in 2022 (SSGI), 2023 (SKI) and 2024 (SSGI)

Figure 2 shows the targets and achievements for stunting in 2022–2024. In 2022 (27.8%) and 2023 (28%), the prevalence was still well above the target (19.9% and 16.1%). However, in 2024 there was a significant improvement with the prevalence falling to 19.1%, close to the target of 12.4%. Although the national target has not been fully achieved, this achievement indicates the effectiveness of various integrated interventions, including One Week One Egg, GENTING, DASHAT, and the Foster Parents for Stunted Children Programme (BAAS), which targets 238 toddlers.

These findings confirm that participatory interventions such as One Week One Egg are an important complement to the government's convergence strategy. Eggs, which are rich in high-quality protein and essential micronutrients, have been shown to support child growth (Larson et al., 2024; Larson et al., 2024). Although direct beneficiaries are still limited, indirect impacts such as increased nutritional awareness, the formation of social solidarity, and cross-sectoral support have contributed to accelerating the decline in prevalence.

With a relatively small administrative area and high community participation, Palangka Raya City has successfully demonstrated that simple, community-based innovations can strengthen strategies to accelerate stunting reduction. The challenge ahead is to expand the coverage of beneficiaries so that not only dozens of toddlers, but all targets in the 19 stunting locus neighbourhoods can benefit, while supporting the achievement of the national stunting prevalence target of 14% in 2024–2025.

These results show that One Week One Egg contributes to three aspects simultaneously: strengthening social mobilisation, providing additional nutritional intake, and supporting the acceleration of stunting prevalence reduction. In addition to providing academic value in evaluating community interventions, this study also provides practical recommendations that simple, low-cost, and participation-based models can be used as references and replicated in other areas with similar conditions.

The implementation of One Week One Egg in Palangka Raya City needs to be expanded so that it not only serves 54 toddlers each week, but also reaches all at-risk families in 19 priority neighbourhoods. This improvement requires cross-sector collaboration, data-based monitoring, and integration with nutrition education to ensure the programme's sustainability. With its simple and low-cost characteristics, this model has great potential to

be replicated in other regions as a participatory intervention in supporting the achievement of the national stunting reduction target of 14% by 2024-2025.

3.2. Discussion

The results of this study indicate that the demographic and social conditions of Palangka Raya City provide strategic opportunities for the implementation of community-based nutrition interventions. With 7,622 families at risk of stunting spread unevenly, with the highest numbers in Pahandut and Jekan Raya, the main challenge is not only the magnitude of the need, but also the ability to direct programmes to these critical areas. These findings are consistent with the literature, which states that community interventions will be more effective if they are targeted at clearly defined and data-based target groups (targeted community nutrition programmes) (Darlis et al., 2024).

The results of the egg collection simulation show that this intervention has not focused on the large number of recipients, but rather on the sustainability of supply and community involvement. This is in line with the findings by Larson et al. (2024), which states that eggs are a high-quality source of animal protein that can support improved growth when given consistently. However, the effectiveness of egg intervention is greatly influenced by the intensity and coverage. Study by (Ricci et al., 2024) emphasises that daily egg consumption does not always show significant changes in growth if environmental factors and consumption frequency are inadequate. Therefore, although One Week One Egg has not yet been able to reach all 7,622 at-risk families, the regular contribution of 3,250 eggs per week still has a significant nutritional impact on the groups served.

Beyond nutritional contributions, this study demonstrates that the programme's social impact is one of its key strengths. Cross-sectoral participation fosters solidarity and shared concern, evident in the involvement of government agencies and universities in weekly egg distribution. This approach is unique as it not only provides protein intake but also cultivates a social environment that supports positive nutritional behaviour. This aligns with Maherawati et al. (2023), which shows that nutritional education about eggs can improve understanding and change people's consumption behaviour.

The improvement in stunting prevalence from 28% in 2023 to 19.1% in 2024 shows that Palangka Raya's strategy is on the right track. This decline also reflects the cumulative effect of various convergence interventions such as DASHAT, GENTING, BAAS, and One Week One Egg. The literature supports this multi-intervention approach (Izah & Desi, 2023) state that the combination of animal protein intake, education, and basic health services accelerates nutritional improvement more significantly than single interventions.

Overall, this study reinforces that One Week One Egg plays a role in three main aspects: increasing access to animal protein, strengthening social mobilisation, and supporting the acceleration of stunting prevalence reduction. Although its coverage is still limited to around 54 toddlers per week, this model has great potential if expanded to 19 priority neighbourhoods and synergised with nutrition education and data-based monitoring through E-PPGBM. With its simple, inexpensive, and multi-stakeholder characteristics, this programme has the potential to be replicated in other regions as a participatory strategy in supporting the achievement of national stunting targets.

The results of this study have practical implications that the One Week One Egg programme can be an effective and sustainable model for additional nutritional intervention when supported by cross-sector participation, especially in areas with a high number of families at risk of stunting, such as Pahandut and Jekan Raya. With a supply of 3,250 eggs per week, which can meet the needs of 54 toddlers, local governments need to expand the scope of distribution, strengthen integration with other convergence programmes such as DASHAT,

GENTING, and BAAS, and ensure consistent monitoring through E-PPGBM so that the intervention is on target. In addition, strengthening nutrition education for beneficiary families and increasing social mobilisation in priority areas are important steps to ensure sustainability, while raising public awareness of the importance of animal protein intake in preventing stunting. By expanding coverage and strengthening coordination between OPDs, universities, and the community, Palangka Raya can approach the national stunting target and make this programme a reference for other regions.

Theoretically, the findings of this study reinforce the concept that simple, inexpensive, and participatory community-based nutrition interventions can have a significant nutritional and social impact when implemented consistently and based on data. The results of the study support the theory of community-based nutrition intervention, which emphasises the importance of targeting, sustainable supply of nutritious food, and social support in improving the nutritional status of the population. Furthermore, this study adds empirical evidence that providing eggs as a source of high-quality animal protein can contribute to accelerating stunting reduction when combined with other convergence interventions, in line with the findings of Larson et al. (2024), Ricci et al. (2024), and Maherawati et al. (2023). Thus, this study provides theoretical reinforcement that the participatory nutrition intervention model is worthy of further development as a policy alternative in accelerating the reduction of stunting, particularly in areas with strong social capacity such as Palangka Raya.

4. Conclusion

The results of this study indicate that the One Week One Egg programme contributes significantly to increasing animal protein intake among toddlers from families at risk of stunting in Palangka Raya City. Simulations indicate that collecting approximately 3,250 eggs per week can meet the needs of 54 toddlers, and although this coverage is still limited compared to the total number of families at risk, its contribution is in line with the decline in stunting prevalence from 28% in 2023 to 19.1% in 2024. These findings confirm that simple, inexpensive, community-based animal-based food interventions can strengthen convergence strategies to accelerate stunting reduction when integrated with nutrition education, growth monitoring, and consistent institutional support.

Based on these findings, this study recommends expanding the programme's coverage to reach all at-risk families, strengthening nutrition education for parents, and enhancing cross-sector collaboration between local governments, educational institutions, posyandu cadres, and communities. Real-time data-based monitoring also needs to be strengthened so that programme implementation and impact evaluations can be carried out more accurately and sustainably. In addition, it is recommended that future research use a quantitative approach with an impact evaluation design such as pre-post or quasi-experimental to measure changes in nutritional status more comprehensively, so that the results can be a stronger reference in the formulation of stunting reduction policies in Palangka Raya City.

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