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The Effect of Stunting on the Cognitive Development in Children: A Systematic Review and Meta-analysis

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ABSTRACT Stunting among children under five years of age negatively impacts their health and overall development, including their cognitive development in the short and long term. Databases from 2012 to 2022 in PubMed, ProQuest and Google Scholar were systematically reviewed. The selection of eligible studies was conducted according to PRISMA. From 23.625 articles, 12 articles were eligible to be reviewed. From meta-analysis, stunting children have I.Q. scores 2.14 times lower than children who are not stunting, and the results are statistically significant (aOR=2.14; 95% CI=1.14 to 4.01; p=0.02). It was concluded that stunting hurt children's cognitive abilities, which resulted in a lack of I.Q.