ABSTRACT

Background: Obesity is an imbalance between the amount of food intake compared to the amount of energy expenditure. Currently the prevalence of obesity in Indonesia increased by 9.2 %. There are eleven provinces have basic medical research done in 2010, namely: Aceh (11.6 %), North Sumatra (10.5 %), South Sumatra (11.4 %), Riau (10.9 %), Lampung (11,6 %), Riau Islands (9.7 %), Jakarta (12.8 %), Central Java (10.9 %), East Java (12.4 %), Southeast Seulawesi (14.7 %), west Papua (14.4 %). Increasing overweight and obesity is especially worrisome when this happens due to lack of public awareness in educating children to live healthier (MoH RI, 2012).

Objective: This study aimed to identify the factors that lead to obesity in school-age children at SDN 01 South Kembangan, West Jakarta.

Research Methods: descriptive analytic study design is cross-sectional, total sampling technique, the sample in this study were 47 respondents. Statisti test used was Chi – Square.

Research results: Respondents in this study mostly suffered Overweight by 28 (59.0 %), most of the 27 female (57.4 %), most overweight patients in class IV 24 (51.1 %), most have a father / mother chubby 27 (57.4 %), most have good eating habits by 31 (66.0 %), most have a good physical activity patterns of 43 (91.5 %). Statistical test results showed there was no significant correlation between genetic (p = 0.673), eating habits (p = 1,812), physical activity (p = 1,792) and the incidence of obesity in children.

Conclusion: Socialization healthy eating and physical activity is good for the prevention of obesity in primary school age children.

Keywords: Factor, Affects, Obesity, Overweight, Schools.