FACTORS AFFECTING OBESITY IN PRESCHOOL CHILDREN IN UPPER AIRMADIDI, NORTH SULAWESI

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ABSTRACT

Background: In Indonesia, obesity prevalence remains high, and North Sulawesi was the highest number of obesity prevalence in 2019, with 30.2% of the 2.5 million population classified as overweight. Eating behavior and sedentary life style contribute the overweight incidents. This study aimed to determine the factors affecting obesity in preschool children in upper Airmadidi, North Sulawesi.

Subjects and Method: A cross-sectional study was conducted in Airmadidi, North Sulawesi. A sample of 64 preschool children was selected for this study. The dependent variable was overweight. The independent variables were consumption of fried foods, diet intake, and sedentary lifestyle. The body mass index was measured by weight scale and microtoise. The data were analyzed by Pearson correlation.

Results: As many as 17 preschool children were identified as overweight (Mean= 17.65; SD= 0.52) and 16 preschool children were obese (Mean= 19.05; SD= 0.94). There was a positive correlation of overweight in students with fried foods consumption (0.87), diet intake, (0.86), and sedentary lifestyle (0.97). There was a positive correlation of obese in preschool children with fried foods consumption (0.84) and sedentary life style (0.81).

Conclusion: Overweight and obese in preschool children are positively correlated with fried foods consumption, diet intake, and sedentary life style.

Keywords: obese, overweight, preschool children, diet intake

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