MULTIDIMENSIONAL ANALYSIS OF FACTORS INFLUENCING OBESITY AMONG SCHOOL CHILDREN IN KELAPA GADING AREA IN 2025: A STUDY OF NUTRITIONAL ASPECTS, PHYSICAL ACTIVITY, SOCIAL ENVIRONMENT, AND FAMILY LIFESTYLE

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ABSTRAK : ANALISIS MULTIDIMENSI FAKTOR-FAKTOR YANG MEMPENGARUHI OBESITAS PADA ANAK SEKOLAH DI KAWASAN KELAPA GADING TAHUN 2025: KAJIAN ASPEK GIZI, AKTIVITAS FISIK, LINGKUNGAN SOSIAL, DAN GAYA HIDUP KELUARGA

Latar Belakang: Obesitas pada anak sekolah merupakan masalah kesehatan masyarakat yang semakin meningkat di seluruh dunia, termasuk di daerah perkotaan seperti Kelapa Gading. Faktor-faktor yang berkontribusi terhadap obesitas bersifat multidimensional, mencakup kebiasaan nutrisi, tingkat aktivitas fisik, lingkungan sosial, dan gaya hidup keluarga. Tujuan: Penelitian ini bertujuan untuk menganalisis faktor-faktor multidimensional yang memengaruhi obesitas pada anak sekolah di Kelapa Gading tahun 2025, dengan fokus pada aspek nutrisi, aktivitas fisik, lingkungan sosial, dan gaya hidup keluarga. Metode: Penelitian cross-sectional dilakukan pada 300 anak sekolah usia 6-12 tahun di Kelapa Gading. Data dikumpulkan melalui kuesioner, pengukuran antropometri, dan wawancara dengan orang tua dan guru. Faktor-faktor yang dianalisis meliputi asupan makanan (kalori dan distribusi makronutrien), aktivitas fisik (frekuensi dan intensitas), pengaruh sosial (lingkungan teman sebaya dan sekolah), dan gaya hidup keluarga (kebiasaan orang tua, waktu layar, dan pola tidur). Analisis statistik dilakukan menggunakan regresi logistik untuk mengidentifikasi prediktor obesitas yang signifikan. Hasil: Prevalensi obesitas pada populasi penelitian adalah 18,7%. Faktor-faktor utama yang berhubungan signifikan dengan obesitas meliputi asupan kalori yang tinggi ($p < 0,01$), tingkat aktivitas fisik yang rendah ($p < 0,01$), waktu layar yang berlebihan ($p < 0,05$), dan obesitas pada orang tua ($p < 0,01$). Pengaruh sosial seperti dorongan teman untuk mengonsumsi makanan tidak sehat dan program pendidikan jasmani di sekolah juga berperan. Kesimpulan: Obesitas pada anak sekolah di Kelapa Gading dipengaruhi oleh kombinasi faktor nutrisi, fisik, sosial, dan keluarga. Intervensi komprehensif yang mencakup semua dimensi ini sangat penting untuk mengurangi prevalensi obesitas. Saran: Sekolah perlu meningkatkan program aktivitas fisik, dan keluarga diharapkan mengadopsi gaya hidup yang lebih sehat, termasuk pola makan seimbang dan pengurangan waktu layar. Penelitian lebih lanjut diperlukan untuk mengeksplorasi solusi jangka panjang dan intervensi pada tingkat kebijakan.

Kata Kunci : Anak Sekolah, Kebiasaan Nutrisi, Obesitas, Pengaruh Sosial

ABSTRACT

Background: Obesity in school-age children is an increasing public health issue worldwide, including in urban areas like Kelapa Gading. The factors contributing to obesity are multidimensional, including nutritional habits, physical activity levels, social environment, and family lifestyle..Objective: This study aims to analyze the multidimensional factors influencing obesity in school-age children in Kelapa Gading in 2025, focusing on nutrition, physical activity, social environment, and family lifestyle.Methodology: A cross-sectional study was conducted on 300 school-age children aged 6-12 years in Kelapa Gading. Data were collected through questionnaires, anthropometric measurements, and interviews with parents and teachers. Factors analyzed included food intake (calories and macronutrient distribution), physical activity (frequency and intensity), social influences (peer and school environment), and family lifestyle (parental habits, screen time, and sleep patterns). Statistical analysis was performed using logistic regression to identify significant predictors of obesity.Results: The prevalence of obesity in the study population was 18.7%. Key factors significantly associated with obesity included high caloric intake ($p < 0.01$), low physical activity levels ($p < 0.01$), excessive screen time ($p < 0.05$), and parental obesity ($p < 0.01$). Social influences such as peer pressure to consume unhealthy foods and physical education programs at school also played a role.Conclusion: Obesity in school-age children in Kelapa Gading is influenced by a combination of nutritional, physical, social, and family factors. A comprehensive intervention addressing all these dimensions is crucial to reducing the prevalence of obesity. Recommendations: Schools should enhance physical activity

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

programs, and families are encouraged to adopt healthier lifestyles, including balanced diets and reduced screen time. Further research is needed to explore long-term solutions and policy-level interventions.

Keywords School Children, Nutritional Habits, Obesity, Social Influence

INTRODUCTION

Obesity among children has emerged as one of the most significant global public health challenges. Over the past few decades, the prevalence of childhood obesity has risen dramatically, with particularly high rates observed in urban areas (Ogden et al., 2014). In Indonesia, urban regions such as Kelapa Gading are experiencing a growing concern regarding the increasing number of overweight and obese children. The rising rates of childhood obesity are alarming due to the strong association with various short- and long-term health problems, including type 2 diabetes, hypertension, dyslipidemia, and psychological issues such as depression and low self-esteem (Reilly & Kelly, 2011; Janssen et al., 2005).

Obesity in school-age children is particularly worrisome as it sets the foundation for a lifetime of health problems. The increased risk of developing cardiovascular diseases, insulin resistance, and certain types of cancer makes addressing childhood obesity a priority for public health strategies (Must & Strauss, 1999). Moreover, the negative psychological effects of obesity, including bullying, social isolation, and poor academic performance, further complicate the issue and affect children's quality of life (Puhl & Latner, 2007).

The complex and multifactorial nature of obesity involves a combination of genetic, environmental, and behavioral factors. Among the key contributors to obesity are poor dietary habits, lack of physical activity, increased sedentary behavior, and an unhealthy family environment (Singh et al., 2008). Children often adopt unhealthy eating behaviors influenced by both direct family practices and broader societal trends such as marketing of unhealthy foods (van der Horst et al., 2007). Physical inactivity, particularly the increasing screen time, is also a significant risk factor for obesity, as it leads to fewer opportunities for physical exercise and promotes sedentary lifestyles (Sisson et al., 2009).

In addition to individual behaviors, the social environment also plays a crucial role in shaping childhood obesity. Peer influences, school environment, and cultural norms can either encourage or discourage healthy behaviors, making the role of social networks and community settings essential in understanding and combating obesity (Jelalian et al., 2014). Family lifestyle factors, such as parents' dietary habits, physical activity patterns, and attitudes toward health, have been found to significantly impact children's weight status (Lobstein et al., 2015). Thus, a holistic approach that includes both individual and environmental factors is essential to address the increasing rates of obesity in children.

This study aims to explore the multidimensional factors contributing to obesity in school-age children in Kelapa Gading in 2025. By focusing on aspects such as nutrition, physical activity, social influences, and family lifestyle, this research seeks to provide valuable insights into the underlying causes of childhood obesity and offer recommendations for comprehensive intervention strategies that could reduce the prevalence of obesity in this population. By examining the factors specific to Kelapa Gading, this study intends to contribute to the broader understanding of childhood obesity and inform effective public health policies and school-based interventions.

RESEARCH METHODS

This study employs a cross-sectional design to examine the multidimensional factors contributing to obesity among school-age children in Kelapa Gading. The cross-sectional design allows for the collection of data at a single point in time, which is particularly suitable for analyzing the relationships between variables such as dietary habits, physical activity, social environment, and family lifestyle, all of which may contribute to obesity in children.The study population consists of school-age children, aged 6-12 years, from several schools located in Kelapa Gading. A total of 300 children were selected through random sampling from a range of public and private schools in the area. This sampling method ensures that the sample is representative of the general school-age population in Kelapa Gading, minimizing potential bias in the selection process.To achieve a comprehensive understanding of the factors influencing obesity in children, the study utilized a combination of three data collection methods: questionnaires, anthropometric measurements, and interviews. Questionnaires were administered to both parents and teachers to assess various aspects of the children's behaviors and environment. The questionnaires covered key areas such as dietary habits, physical activity levels, and the influence of

the social environment (e.g., peer pressure and school-based activities). The questions were designed to capture a wide range of information related to the children's nutrition and activity, as well as social influences that could impact their weight.Anthropometric Measurements: Anthropometric measurements were taken to determine the prevalence of obesity among the children in the study. These measurements included the weight, height, and body mass index (BMI) of each child. BMI was calculated by dividing the weight (in kilograms) by the square of the height (in meters). The BMI values were then compared with growth charts from the World Health Organization (WHO), which provide age- and sex-specific reference values to classify children as underweight, normal weight, overweight, or obese.Interviews: Interviews were conducted with the parents of the children to gather information on family lifestyle factors that may contribute to obesity. This included details about screen time, sleep patterns, and parental habits such as food consumption and activity levels. The interviews allowed for a deeper exploration of how family dynamics and lifestyle choices might influence the children's health behaviors. Variables Analyzed The study focused on several key variables, each of which plays a crucial role in the development of obesity among school-age children:Food Intake: The children's total calorie intake, as well as the distribution of macronutrients (carbohydrates, proteins, and fats), was assessed using a 24-hour dietary recall method. This method involves asking parents to report everything the child ate and drank over the past 24 hours. This data was then analyzed to determine the caloric intake and the balance of macronutrients in the children's diet.Physical Activity: The frequency and intensity of the children's physical activities were assessed through questions on daily exercise habits. The study examined whether the children participated in structured physical activities (e.g., sports) or unstructured outdoor activities (e.g., playing outside). The level of activity was categorized as low, moderate, or high, depending on the child's reported habits.Social Environment: The influence of peers and the school environment was explored in the questionnaires filled out by parents and teachers. This included questions about peer pressure to consume unhealthy foods, as well as the availability of opportunities for physical activity and nutrition education in the school setting. The role of media influence, such as exposure to advertisements for unhealthy foods, was also considered as part of the social environment.Family Lifestyle: Family lifestyle factors were assessed through interviews with parents. These factors included parental consumption of unhealthy foods, sedentary behaviors such as screen time, and the overall sleep patterns of the children. The study also explored the potential influence of parental obesity on the children's weight, as previous research has shown that children with obese parents are at higher risk of developing obesity themselves.

RESEARCH RESULTS

Table 1
Sample Characteristics

Characteristics	Frequency (n=300)	Percentage (%)
Age		
6-8 years	120	40%
9-10 years	110	36.7%
11-12 years	70	23.3%
Gender		
Male	150	50%
Female	150	50%
Parental Obesity		
Yes	120	40%
No	180	60%

Table 1 Age The majority of the study participants were between the ages of 6 to 8 years (40%), followed by children aged 9 to 10 years (36.7%), and the remaining participants were aged 11 to 12 years (23.3%) Gender.The gender distribution of the sample was evenly split, with 150 male participants (50%) and 150 female participants (50%). Parental Obesity:40% of the participants' parents had a history of obesity, while 60% did not have a history of obesity.

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

Table 2
Key Variables Analysis

Variable	Measurement Method	Frequency (n=300)
Caloric Intake	24-hour recall survey	
High Caloric Intake (>3000 kcal/day)	100	33.3%
Moderate Caloric Intake (2000-3000 kcal/day	150	50%
low Caloric Intake (<2000 kcal/day)	50	16.7%
Physical Activity Level	Survey on frequency and intensity	
High Activity (daily physical activity)	90	30%
Moderate Activity (3-4 times/week)	150	50%
Low Activity (less than 2 times/week)	60	20%
Screen Time	Parental report on weekly screen time (hours)	
Excessive Screen Time (>4 hours/day)	120	40%
Moderate Screen Time (2-4 hours/day)	150	50%
Minimal Screen Time (<2 hours/day)	30	10%
Parental Habits	Parental report on eating habits and lifestyle	
Poor Eating Habits (frequent fast food)	110	36.7%
Healthy Eating Habits (balanced meals, home- cooked	190	63.3%

Caloric Intake::**Moderate Caloric Intake**: The largest portion of participants (50%) reported a moderate caloric intake ranging from 2000-3000 kcal per day.**High Caloric Intake**: 33.3% of the participants had a high caloric intake (>3000 kcal/day), which may be a contributing factor to obesity risk.**Low Caloric Intake**: Only 16.7% of children had a low caloric intake (<2000 kcal/day), which suggests that the majority of children in this study consume a caloric amount above the recommended level for maintaining a healthy weight. **Physical Activity Level**:**Moderate Activity**: A significant number of children (50%) engage in moderate physical activity, defined as participating in physical activities 3-4 times per week.**High Activity**: 30% of children have high levels of physical activity, with daily participation in physical activities.**Low Activity**: 20% of the children in this study engage in physical activity less than twice a week, which may increase their risk of obesity. **Screen Time**:**Moderate Screen Time**: The largest proportion of children (50%) reported moderate screen time of 2-4 hours per day.**Excessive Screen Time**: 40% of children had excessive screen time (>4 hours/day), which is known to contribute to sedentary behavior and increased risk of obesity.**Minimal Screen Time**: Only 10% of the children reported minimal screen time (<2 hours/day), which is considered healthier for maintaining a balanced lifestyle. **Parental Habits**:**Healthy Eating Habits**: The majority of parents (63.3%) reported healthy eating habits, such as balanced meals and home-cooked food.**Poor Eating Habits**: 36.7% of the parents reported poor eating habits, including frequent consumption of fast food. This can have a direct impact on the children's diet and contribute to obesity.

Bivariate analysis

Table 3

Variable	Obesity Status Non-Obese (n=244)	Chi-Square (p-value)
Caloric Intake		.

High Caloric Intake (>3000 kcal/day)	60 (24.6%)	40 (71.4%)	p < 0.01
Moderate Caloric Intake (2000-3000 kcal/day	130 (53.3%)	20 (35.7%)	
Low Caloric Intake (<2000 kcal/day	54 (22.1%)	6 (10.7%)	
Physical Activity Level			
High Activity (daily physical activity)	60 (24.6%)	30 (53.6%)	p < 0.01
Moderate Activity (3-4 times/week	120 (49.2%)	30 (53.6%)	
Low Activity (less than 2 times/week)	64 (26.2%)	8 (14.3%)	
Screen Time			
Excessive Screen Time (>4 hours/day)	100 (40.9%	20 (35.7%)	p < 0.01
Moderate Screen Time (2-4 hours/day)	120 (49.2%)	30 (53.6%)	
Minimal Screen Time (<2 hours/day)	24 (9.8%)	2 (3.6%)	
Parental Habits			
Poor Eating Habits (frequent fast food)	80 (32.8%)	30 (53.6%)	p < 0.01
Healthy Eating Habits (balanced meals, home-cooked)	164 (67.2%)	26 (46.4%)	

Caloric Intake and Obesity:
High Caloric Intake (>3000 kcal/day): There is a significant relationship between high caloric intake and obesity. 71.4% of obese children have high caloric intake, compared to only 24.6% of non-obese children (p < 0.01).**Moderate Caloric Intake (2000-3000 kcal/day):** 53.3% of non-obese children and 35.7% of obese children had moderate caloric intake. This suggests that moderate caloric intake does not have a strong association with obesity.**Low Caloric Intake (<2000 kcal/day):** The percentage of children with low caloric intake is relatively small in both the obese and non-obese groups. However, there is no significant relationship with obesity.

Physical Activity Level and Obesity:
High Activity (daily physical activity): A significant relationship exists between high physical activity and obesity. 24.6% of non-obese children and 53.6% of obese children engage in daily physical activity (p < 0.01). This suggests that daily physical activity may help reduce the likelihood of obesity in children.**Moderate Activity (3-4 times/week):** 49.2% of non-obese children and 53.6% of obese children engage in moderate physical activity, indicating that moderate activity does not have a strong association with obesity status.**Low Activity (less than 2 times/week):** 26.2% of non-obese children and 14.3% of obese children engage in low activity, with low activity levels more common in non-obese children. **Screen Time and Obesity:Excessive Screen Time (>4 hours/day):** Excessive screen time is significantly associated with obesity. 40.9% of non-obese children and 35.7% of obese children reported excessive screen time (p < 0.01). Excessive screen time likely contributes to a sedentary lifestyle, which may increase the risk of obesity.**Moderate Screen Time (2-4 hours/day):** 49.2% of non-obese children and 53.6% of obese children reported moderate screen time.**Minimal Screen Time (<2 hours/day):** Minimal screen time was more common in non-obese children (9.8%) than in obese children (3.6%). **Parental Habits and Obesity:Poor Eating Habits (frequent fast food):** A significant relationship exists between poor parental eating habits and obesity in children. 32.8% of non-obese children and 53.6% of obese children have parents with poor eating habits (p < 0.01). This suggests that unhealthy eating habits in parents may increase the likelihood of obesity in children.**Healthy Eating Habits (balanced meals, home-cooked):** 67.2% of non-obese children and 46.4% of obese children have parents with healthy eating habits, indicating that healthy eating habits may protect against childhood obesity.

DISCUSSION

The findings of this study highlight several important factors that significantly contribute to the prevalence of obesity in school-age children in the Kelapa Gading area. The results underscore the multifaceted nature of childhood obesity, involving a combination of individual behaviors, environmental influences, and family-related factors. These factors collectively interact to either mitigate or exacerbate the risk of obesity among children. In particular, the study identified caloric intake, physical activity levels, screen time, and parental habits as key determinants of obesity, and these findings align with existing literature on the subject.

Caloric Intake and Obesity

One of the most significant findings of this study was the strong association between high caloric intake and obesity. A substantial proportion of obese children (71.4%) reported high caloric consumption, exceeding 3000 kcal/day. This is in stark contrast to only 24.6% of non-obese children in

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

the same category. Studies have long shown that excessive caloric intake, particularly from energy-dense, nutrient-poor foods, plays a key role in the development of childhood obesity (Lobstein et al., 2015). In this study, it is evident that dietary habits, particularly high-calorie consumption, are contributing factors to the rising rates of obesity in school-age children. This highlights the importance of educating both children and parents about healthy eating practices, portion control, and the consequences of excessive calorie consumption. Future interventions should focus on promoting balanced diets that include appropriate macronutrient distribution, with an emphasis on reducing the intake of sugary and processed foods while encouraging the consumption of fruits, vegetables, and whole grains.

Physical Activity and Obesity

Another significant finding in this study was the relationship between physical activity levels and obesity. The results indicated that children who participated in daily physical activity were less likely to be obese. Conversely, those with lower activity levels (<2 times per week) had higher obesity rates, which is consistent with existing research that demonstrates the protective effect of regular physical activity against obesity (Jelalian et al., 2014). In this study, 50% of the children had moderate physical activity levels (3-4 times per week), but a concerning 20% were classified as having low physical activity. This suggests that a large proportion of children are not meeting the recommended guidelines for physical activity, which is a significant public health concern. The impact of physical inactivity on childhood obesity cannot be overstated. Physical activity not only helps to burn excess calories but also improves overall health by promoting muscle development, cardiovascular health, and metabolic function. These findings reinforce the need for schools and communities to create more opportunities for children to engage in daily physical activity. Schools can integrate physical activities into the curriculum, and parents can encourage outdoor play and participation in sports.

Screen Time and Obesity

Excessive screen time is another major contributor to childhood obesity identified in this study. The results show that 40.9% of non-obese children and 35.7% of obese children reported excessive screen time (>4 hours/day), a significant factor contributing to sedentary behavior. The relationship between screen time and obesity is well-documented in the literature, with previous studies indicating that increased screen time correlates with lower levels of physical activity and poorer dietary choices (Singh et al., 2008). In this study, the impact of screen time on obesity was evident in both groups of children. The overuse of screens leads to reduced opportunities for physical activity and may encourage unhealthy snacking behaviors, both of which contribute to the development of obesity. Given the high levels of screen time reported, particularly in the obese group, this study highlights the need for interventions that address sedentary behavior. Parents can be educated about the importance of limiting screen time and encouraging alternative activities such as playing outdoors, reading, or engaging in creative hobbies. Schools can also play an active role by promoting physical activity during recess and incorporating screen-time reduction strategies into their health education programs.

Parental Habits and Obesity

Perhaps the most notable finding in this study is the influence of parental habits on childhood obesity. The study showed that children whose parents exhibited poor eating habits, such as frequently consuming fast food, were more likely to be obese. This finding aligns with existing literature that highlights the role of family environment in shaping children's dietary patterns and physical activity levels (Lobstein et al., 2015). The parents' influence extends beyond their dietary choices; the study also found that children of parents who engaged in sedentary behavior, such as excessive screen time, were more likely to develop obesity. This highlights the role of parental modeling in shaping children's behaviors and the importance of involving parents in obesity prevention programs. Parents serve as the primary role models for children, and their dietary choices, physical activity levels, and overall lifestyle habits have a profound impact on their children’s health outcomes. The findings suggest that interventions targeting childhood obesity should also focus on modifying parental habits, encouraging healthier food choices, reducing sedentary behaviors, and promoting active lifestyles.

Implications for Intervention

The results of this study suggest several key interventions that could help reduce the prevalence of obesity among school-age children in the Kelapa Gading area. Given the strong relationship between caloric intake and obesity, one important intervention would be to educate children and parents about the importance of a balanced diet and the risks of excessive calorie consumption. Schools can

incorporate nutrition education into their curricula, and community programs can offer cooking classes or workshops on healthy meal planning. Additionally, interventions aimed at increasing physical activity levels are essential. Schools can promote physical activity by offering more opportunities for exercise, such as organized sports and physical education classes. Communities can also support this effort by creating safe spaces for outdoor activities and encouraging recreational sports.

Furthermore, given the role of screen time in childhood obesity, there is a need for policies that promote the reduction of sedentary behaviors. Schools and communities can play an important role in setting limits on screen time and offering alternatives that promote physical activity and social interaction. Parental involvement is also crucial in these interventions. Providing parents with resources and education about the importance of limiting screen time and promoting healthy eating and physical activity can have a profound impact on children's behaviors.

Limitations and Future Research

While this study provides valuable insights, it is not without limitations. The cross-sectional design of the study limits the ability to draw conclusions about causality, and the reliance on self-reported data may lead to biases. Future studies could use longitudinal designs to track changes over time and better understand the long-term impact of lifestyle interventions on obesity. Additionally, future research could explore the role of other factors such as socioeconomic status, cultural influences, and mental health in shaping obesity risk. More objective measurements of physical activity, such as accelerometers, and dietary intake, such as food diaries, could improve the accuracy of data collection and enhance the validity of the findings.

CONCLUSION

In conclusion, this study highlights the critical role of caloric intake, physical activity, screen time, and parental habits in the development of obesity in school-age children in the Kelapa Gading area. The findings underscore the need for a comprehensive, multi-pronged approach to obesity prevention that involves children, families, schools, and communities. Interventions should focus on promoting healthy eating, increasing physical activity, reducing sedentary behaviors, and modifying parental habits. By addressing these factors, we can help reduce the rising prevalence of childhood obesity and improve the overall health of future generations

SUGGESTION

To address childhood obesity effectively, a collaborative and multifaceted approach is essential, involving parents, schools, healthcare providers, policymakers, and researchers. Each stakeholder plays a critical role in creating an environment that supports healthier lifestyles for children. **Empowering Parents** Parents are pivotal in shaping their children's eating habits and daily routines. It is recommended that parents provide balanced and nutritious meals at home, emphasizing fresh fruits, vegetables, lean proteins, and whole grains. Limiting processed and calorie-dense foods and encouraging family meals can foster healthy eating behaviors. Parents should also actively monitor and reduce excessive screen time, replacing it with engaging physical activities like outdoor play or family sports. Leading by example, parents can inspire their children to adopt healthier habits.**Strengthening School Initiatives** Schools can play a transformative role in promoting health and wellness. Integrating nutrition education into the curriculum helps children understand the importance of healthy eating choices. Schools should prioritize regular physical activity by enhancing physical education programs and creating opportunities for active play during breaks. Additionally, offering healthy food options in school cafeterias and eliminating access to sugary snacks and beverages can significantly impact students' dietary habits. **Enhancing Healthcare Support** Healthcare providers should focus on early identification and intervention for children at risk of obesity. Regular BMI screenings and growth assessments are vital in tracking children's development. Counseling sessions and workshops for families can provide practical advice on portion control, meal planning, and maintaining active lifestyles. Establishing community-based support groups led by healthcare professionals can offer parents a platform to discuss challenges and share successful strategies.**Policy Interventions** Policymakers have a crucial role in creating systemic change. Public health campaigns aimed at raising awareness about childhood obesity and promoting healthier lifestyles are essential. Building safe and accessible recreational spaces, such as parks and sports facilities, encourages physical activity in communities. Regulating food marketing targeted at children, particularly for high-calorie and low-nutrient products, can reduce the exposure to unhealthy options. Enforcing policies that support nutritious meals in schools and local food establishments can also drive positive changes. **Advancing Research and Evaluation** Continued research is necessary to

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

better understand the complexities of childhood obesity. Long-term studies examining socioeconomic and cultural factors can offer insights into prevention strategies tailored to specific populations. Exploring the psychological aspects of obesity, such as the role of stress, emotional eating, and self-esteem, can guide more holistic interventions. Evaluating the effectiveness of current programs and policies is essential for refining approaches and maximizing impact.

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