

ABSTRACT

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Factors Associated with Overweight Nutrition Status in School-Age Children in Palembang State Elementary School 26.

SKRIPSI

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Background : World Health Organization (WHO) stated in 2015 there was 40 million children who had overweight that increased from 31 million in 2000. Tend shows that numbers will increase. If the tendencies continue, prevalence of children who had overweight will increase to 70 million in 2025. Overweight in children is a serious problem because will continue until they being adult and cause problems such as sleepy problems, sleep apnea, and any respiratory problems.

Objective : Determine the factors related to the overweight status of school children in SD Negeri 26 Palembang.

Method : Analytic survey research with cross sectional approach with Fisher's test and Kendall Tau, sampling technique is stratified random sampling, total samples is 121, measuring instrument questionnaire, electronic scales and statometer.

Result : Univariate showed respondents with normal nutrition 117 (96,2%), no genetic factor 80 (65,1%), no fast food frequent 86 (71,1%) and moderate physical activity 93 (76,0%). Bivariate results indicate a significant relationship between genetic factors ($p :0,012$) and fast food ($0,001$) with more nutritional status, but there is no significant relationship between physical activity factors with more nutritional status in school-age children in SD Negeri 26 Palembang ($p :0,266$)

Suggestion : Children are expected to increase physical activity regularly at home or at school, eat healthy food, not contain fat and bring food from home.

Keywords : Status nutrition more, Children