

EFFORTS to Increase Parents Knowledge About Obesity Prevention Strategies in School-Age Children

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SUMMARY

Background: Obesity for children is an abnormal condition of over accumulated fat tissue in body system. The prevalence of children obesity is high according to WHO in 2019 about 38 million of toddler and more than 340 million adolescents with aged 6 - 12 years are obese and according to Riskesdas data in 2018 the prevalence of obesity in primary school reached 31.0%. In preventing obesity, parents have an important role to provide nutrition or energy needs to children by oversee the children about fast food/junk food consumption, regular physical activity, and watching television / games activities. Keeping child's body ideal will increase the child's confidence in activities and socializing. If having late dinner before going to bed it will cause diseases such as type 2 diabetes mellitus in adults, sleep apnea or short time lags in childhood, and bone disorders. **Method:** The method used in making this final project is Communication, Information and Education (CIE) in form of a booklet. **Result:** The result from CIE booklet is to aims information to public about obesity prevention strategies in school-age children. **Conclusion:** The booklet of CIE which a strategic to prevent obesity at primary school that can be used by the community as information and reference to prevent obesity for children at young age.

Keyword : Obesity, Weight Loss, Obesity Prevention, Primary School