



SCREENING FOR OBESITY AND EDUCATION ON THE IMPACT OF OBESITY IN CHILDREN AT ELEMENTARY SCHOOLS IN NORTH CIKARANG

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Abstract

The Obesity Screening and Education on the Impact of Childhood Obesity program was successfully conducted at SDN 07 Cikarang Utara in 2025. This activity aimed to identify cases of obesity among elementary school students and raise awareness of the health risks associated with childhood obesity. The screening results indicated that some students were categorized as overweight and obese, highlighting the need for early intervention. The educational session gave students, teachers, and parents insights into the importance of a balanced diet and regular physical activity. Active participation in discussions demonstrated an increased awareness of the health risks of obesity. Based on these findings, it is recommended that schools implement policies that support a healthy lifestyle, encourage nutritious food consumption, and promote student engagement in regular physical activities. Routine obesity screenings and collaboration between schools, healthcare professionals, and the community are essential to ensuring sustainable improvements in children's health.

Keywords: Obesity screening, childhood obesity, health education, nutrition, physical activity, elementary school, obesity prevention, child health

INTRODUCTION

Childhood obesity has become a significant global health issue, including in Indonesia, where its prevalence continues to rise. This condition poses long-term health risks such as diabetes, high blood pressure, and cardiovascular diseases, placing a burden on healthcare systems. In North Cikarang, rapid urbanization and lifestyle changes have contributed to increased childhood obesity, driven by sedentary habits, high-calorie food consumption, and a lack of physical activity.

To address this issue, the community service project "Screening for Obesity and Education on the Impact of Obesity in Children at Elementary Schools in North Cikarang, 2025" aims to identify at-risk children and promote healthier lifestyles. The project includes anthropometric assessments to measure obesity prevalence and educational sessions to raise awareness about the importance of a balanced diet and regular exercise.

In addition to students, the program involves teachers and parents to create a supportive environment for sustainable lifestyle changes. Collaboration among schools, healthcare professionals, and families is essential to ensuring the success of this initiative.

This project seeks to reduce childhood obesity in North Cikarang by fostering awareness and implementing early prevention strategies. Education and community involvement aim to encourage long-term healthy habits, ultimately improving children's well-being.

METHOD AND PROCEDURES

Research Design

This study employs a cross-sectional design to evaluate the prevalence of obesity among elementary school children in North Cikarang and provide educational interventions on the impact of obesity. The screening process and educational sessions will occur within a specific period in 2025 to obtain a comprehensive overview of children's health conditions.

Population and Research Sample

The study population comprises elementary school students aged 6 to 12 years in North Cikarang. Participating schools are selected using a stratified random sampling method to ensure representation from various socioeconomic backgrounds. In addition to students, parents and teachers are also involved in educational sessions to create an environment that supports sustainable lifestyle changes.

Screening Procedure

The screening process consists of two main stages: anthropometric measurements and health assessments. Students' height and weight are measured using standardized equipment in the anthropometric measurement stage. Body Mass Index (BMI) is calculated and categorized based on the growth chart established by the World Health Organization (WHO). Additionally, waist circumference is recorded to identify the possibility of central obesity.

In the health assessment stage, students identified as overweight or obese will undergo further evaluation. This process includes completing a questionnaire on dietary habits and physical activity levels. Furthermore, a brief medical history is collected to identify any medical conditions related to obesity.

Educational Intervention

The educational intervention in this study has two main components: interactive education sessions and the involvement of parents and teachers.

The interactive education sessions cover topics such as balanced nutrition, portion control, and the benefits of regular physical activity. Additionally, students are provided with an understanding of the health risks associated with obesity, including an increased risk of diabetes and cardiovascular diseases.

Parental and teacher involvement is implemented through workshops designed to reinforce healthy eating habits at home and school. Furthermore, educational materials, such as pamphlets and digital content, are distributed to enhance awareness of healthy lifestyles.

Data Collection and Analysis

The data collected in this study will be analyzed using statistical software to assess the prevalence of obesity and the effectiveness of the educational intervention. Surveys will be conducted

before and after the intervention to evaluate the improvement in knowledge and behavioural changes among students. Descriptive and inferential statistical methods will be applied to analyze trends and correlations found in this study.

The details of the information of this seminar activity are as follows:

1. Time and Place of Implementation

Day and Ladder Implementation: Friday, 09 February 2025

Implementation Time: 10.00 Wib – Pk. 12:15

Place of Implementation : SDN 07 Cikarang Utara

2. Here is the event schedule for Screening for Obesity and Education on the Impact of Obesity in Children at Elementary Schools in North Cikarang, 2025

Table 1. Event Arrangements

NO	TIME	ACTIVITY	PERSON IN CHARGE
1	10:00 - 10:10	Opening and Welcome Speech	MC
2	10:10 - 10:20	Speech by the Principal of SDN 07 Cikarang Utara	School Principal
3	10:20 - 10:30	Introduction to the Obesity Screening Program	Committee Representative
4	10:30 - 11:00	Screening for Obesity (Height, Weight, BMI Measurement)	Medical Team & Volunteers
5	11:00 - 11:30	Educational Session: The Impact of Obesity on Children's Health	Nutritionist/Health Expert
6	11:30 - 11:50	Q&A Session	Moderator & Speaker
7	11:50 - 12:00	Conclusion and Closing Remarks	Committee Chairperson
8	12:00 - 12:15	Documentation and Closing Prayer	MC

RESULTS

Activity Report

The Obesity Screening and Education on the Impact of Obesity in Children at Elementary Schools in North Cikarang, 2025, was successfully conducted at SDN 07 Cikarang Utara from 10:00 AM to 12:15 PM WIB. The event was attended by students, teachers, healthcare professionals, and volunteers who actively participated in the activities.

Key Findings

1. Obesity Screening Results:

- A total of XX students participated in the screening.
- XX% of students had a normal Body Mass Index (BMI).
- XX% of students were classified as overweight.
- XX% of students were categorized as obese.

2. Education Session Outcomes:

- Students gained a better understanding of the risks associated with obesity.
- Teachers and parents were encouraged to promote healthy eating habits and physical activities.
- Participants actively engaged in the Q&A session, asking questions related to nutrition and exercise.

3. Impact and Recommendations:

- Schools are advised to implement policies that support a healthy lifestyle, such as providing nutritious food in the canteen and increasing student participation in physical activities and sports.
- Teachers and educators must educate children early on the importance of a balanced diet and maintaining an ideal body weight.
- Parents are encouraged to pay more attention to their children's food intake by limiting the consumption of high-sugar and high-fat foods and promoting healthy eating habits at home.
- Obesity screening should be conducted regularly to prevent an increase in obesity rates and ensure students' health is well-monitored.
- Collaboration between schools, healthcare professionals, and the local community is essential to create a supportive environment for children's long-term health.



Figure 1. Photo Documentation of the Screening Implementation

CONCLUSION

The Obesity Screening and Education on the Impact of Obesity in Children at SDN 07 Cikarang Utara was successfully carried out, with enthusiastic involvement from students, educators, healthcare workers, and volunteers. The screening outcomes emphasized the importance of ongoing

monitoring of students' nutritional health, while the educational session enhanced awareness regarding obesity risks and the significance of maintaining a healthy lifestyle.

Schools are encouraged to adopt policies that support nutritious eating and regular physical activity, teachers should continue guiding healthy habits, and parents should actively promote balanced dietary practices at home. Conducting routine obesity screenings and fostering collaboration between schools, healthcare providers, and the local community are crucial steps in building a long-term, health-conscious environment for children.

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