

ABSTRACT

Background:

Obesity in children is becoming an epidemic and predisposes children to heart diseases, bone diseases, cancer and diabetes mellitus. Data on the determinants of overweight and obesity is needed for primary evaluation.

Objective:

To determine the factors that influence overweight and obesity among school age children attending primary schools of Kampala.

Methods:

A cross sectional survey of 206 selected pupils was done. Obesity was defined as BMI $> 30\text{kg}/\text{m}^2$ and overweight as $> 25\text{kg}/\text{m}^2$, influencing factors to the conditions were determined.

Results:

Out of 206 pupils, 78.6% were between the ages 5 – 10, majority were females 55.3% and 59.7% were international pupils from schools Greenhill academy. Heritage and Rainbow international schools, all in Kampala district. The overall prevalence in Kampala was 43.5% and 32% for overweight and obesity respectively.

Overweight or obesity was significantly related to the gender ($p = 0.000$), ethnicity ($p = 0.000$), hours spent on television or computer ($p = 0.000$), not doing any exercise in a week ($p = 0.000$), parental education level ($p = 0.000$) and parental restriction of their children from any kind of foods ($p = 0.000$).