

**Introduction:** Childhood overweight/obesity is a public health concern that is irreversible in adulthood and leads to very bad consequences of non-communicable diseases. Developing countries have underweight among most children with increasing overweight/obesity (double burden of malnutrition).

**Objective:** This study sought to determine the factors (socio-economic factors, physical activities and dietary practices of pupils) influencing overweight/obesity among school going children of upper primary in two schools (Kampala Parent-private and Shimoni School- public).

**Methodology:** This was a cross sectional survey with a sample size of 310. The survey used semi-structured questionnaires to conduct interviews with teachers, pupils, and a self-administered questionnaire to parents. Weight and Heights were measured to calculate the pupil's BMI to establish their weight status and the prevalence of overweight/obesity. The statistical software SPSS version 17 was used to determine the influencing factors using the chi-square test at 95% confidence interval and the Odds ratio to measure the risk factors at bivariate and multivariate level respectively.

**Results:** Overweight/obesity is prevalent among 14% of upper primary school in a private school-Kampala parents and 5% in a public school-Shimoni school. And in general 9% of the children were overweight/obese and 48% underweight. The risk of overweight/obesity increased with age (0.003), school attended ( $p=0.010$ ) and class attended ( $p=0.001$ ).

Income status of the parent had a significant ( $p=0.041$ ) direct effect to overweight/obesity, and female pupils were at a greater risk of overweight relative to boys ( $p=0.036$ ). Participation in household chores and presence of a household help was also significant ( $p=0.048$ ). The Multivariate analysis using odds ratio found that frequent eating of fast foods and candy increased the risk of overweight/obesity and so was more hours of watching TV(OR: 1.26).

Exclusively breastfeeding for six months and bottle fed overweight babies are less likely (OR: 0.108) to gain normal weight compared to mixed fed babies (OR: 0.323). The results therefore show that socio-economic factors that promotes sedentary lifestyle, physical inactivity and dietary practices are risk factors for

overweight/obesity in school going children.

**Recommendations:** The study recommends that policies and guidelines for teachers, parents and school going children should target promoting proper feeding practices both at school and at home, encourage parents engage their children in physical activities and doing simple work at home.

**Conclusion:** The factors assessed (income, dietary practices like eating more fast foods and candy and wake up time, age, sex, gender, household chores and presence of a house-help significantly affects overweight/obese school going children).