

Introduction: This study sought to determine the factors influencing the prevalence of obesity among the children in Namata primary school and Entebbe junior international school in Entebbe in Wakiso district. Obesity is a global challenge that is affecting both children and adults worldwide. It has been pointed to be a risk factor to many chronic diseases that contribute to higher mortality rates both in the western world and African countries. It is a growing challenge that is alarming due to the health implications that have been associated to it. Obesity puts individuals to conditions like diabetes, hypertension, coronary heart disease, among other conditions. Therefore this study is mainly to determine the factors associated with obesity in children of p5 to p7 in Entebbe municipality, Wakiso district.

Methodology: A cross-sectional descriptive study. Using a case of Namate primary school and Entebbe junior International School in Entebbe, Wakiso district, quantitative approach of data collection and analysis was engaged to conduct the study.

Results: This study confirmed the association between unhealthy feeding habits, inadequate exercise, and socioeconomic factors with higher prevalence of obesity. Frequent eating at home, less physical, exercises at home, eating processed foods and drinks, having a car at home, and having both working parents predisposes the children to overweight and obesity.

Recommendation: The study recommends compulsory exercises among school children, reduce the amount of processed foods at home, having public playgrounds and come up with physical modes of transport to school like the use of bicycles. Curbing the rising trend of obesity through changing the lifestyle of the people is the best solution. Obesity remains to be on the rise and a challenge to most countries exposing many individuals to complicated conditions that are deadly. Obesity is a preventable disorder that can ensure every individual stays healthy, live long and reduce the national budgets on obesity and its associated complications.