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## **RISK FACTOR AND CONSEQUENCES OF CHILDHOOD OBESITY IN INDONESIA**

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**Objectives:** This study aims to determine the factors and consequences of obesity in children.

**Methods:** The method used is identify relevant study, electronic database. The general search structure for electronic data base was "childhood or synonym", "diabetes or synonym". Criteria of study are children which included measurement of risk factor in childhood (<18 years).

**Results:** The results showed a history of obesity in fathers, consumption of fast food, physical activity, profile of blood pressure, intake of protein and fatty acids, family income, physical activity, diet, and duration of sleep can cause obesity. The effect of obesity can lead to various diseases, long term effect diabetes related health problem are damage to the large blood vessels of the hearth, brain and legs (macrovascular complications), damage the small blood vessels, causing problems in the eyes, kidneys, feet, and nerves (microvascular complications).

**Conclusions:** The child and their family must establish a routine for blood glucose monitoring, learn how to count carbohydrates, see diabetes health professionals regularly. School and health worker give information and resources to children to support management of diet.

Figure 1. Childhood Obesity

