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*Keywords: Overweight, Obesity, Elementary School children, Nutrition, Physical activities, Intervention activities*

## **ABSTRACT**

This study determined the practices of overweight and obese elementary school children, the practices that contribute to obesity and overweight along the three major meals and physical activities in the selected elementary schools in San Fernando City, La union calendar year 2012-2013.

The descriptive method of research was employed in the study. The researcher utilized a questionnaire and it was the main data gathering tool. Frequency count and percentage were utilized to analyze the data gathered.

The study revealed majority of overweight and obese elementary school children consume rice, meat and poultry most of the time along the three major meals. Junk foods and soft drinks were taken during snack time. Sedentary type of activity is practiced most of the time by the respondents.

The study also showed the practices of the respondents that contribute to overweight and obesity along with nutrition and physical activities. An Intervention Activities was proposed based on the findings of the study.