

**ABSTRACT**

The record of malnutrition in Surabaya is still high, yet overweight problems are increasing as well. Initial surveys reveal the prevalence of over nutrition in some Public Health Center (*Puskesmas*) is 16.4%, higher than the normative value (less than 5%). Since Surabaya is regarded as the second largest city after Jakarta, the nutrition problems and the diseases have been considered major problem. This needs to be examined and the strategy to overcome them is to be found out.

The research was conducted at Surabaya in 2001. The objectives of the research is to strategy to handle overweight problems based on the analysis of dominant factors causing overweight problems in Surabaya. This is an analytical research, conducted cross-sectionally. The sample in the research is individuals of society, from age > 40 years old in the 30 selected clusters, Public Health Center, hospitals, private doctors, and fitness centers in the area of the selected clusters and Students of Akademi Gizi Surabaya.

The research reveals the overweight prevalence more than 43.6%. The overweight value in females was 48.1% higher than males, namely 32% ( $p=0.00267$ ,  $\alpha=0,05$ ). The dominant factors of the society causing overweight were the lack of physical activities, wrong habits in food, as well as wrong perception of health and illness of overweight. The causing the the overweight problems was the poor quality of the nutrition program and management. By considering the vision and mission of the nutrition program, the Health Departement Of Surabaya and by implementing the focus group discussion to obtain inputs concerning strategy in overcoming the overweight problems, the researcher submits recommendation of the strategy in overcoming the overweight problems.

The recommendations as follows promotive, preventive, curative and rehabilitative strategy, namely socialization and advocation of the overweight programs to the related cross sectoral departement, as well as to the health staffs and the society, nutrition and food awareness program the people to change their wrong habits in food, to understand the correct nutrition attitude, to recognize their own nutrition status, to recognize their own nutrition problems, to recognize the family potential to be able to overcome their own health problems (malnutrition as well as overweight) and to know where or when he or she should seek assistance for overnutrition problems.

Reducing overweight problems, to provide health services to individuals, family and society, passive and active early diagnosis for overweight, to be aware that overweight is a problem and has to be overcome immediately in order to revert degenerative disease complication to occur, to improve the quality and professionalism in managing the overweight program, to improve quality of the health services in public health service by providing professional services meeting the appropriate standards as well as professional service providers (doctors, trained nutrition practitioner). Providing overall health service for overweight problem, including diet counselling, medical treatment, fitness training, integrated management of overweight problem, serving overweight patient by teamworks.

Key words: overweight problem, dominant factors, management and control.