A**BSTRACT**

A diet is the way or behavior that a person or group of people choose to use and use food in daily food consumption that includes the type of food, the amount of food, and the frequency of eating. Excess energy intake will be dumped as fat in the adipose tissue under the skin. This situation leads to more nutrients or obesity, known as obesity. Physical activity is any movement of the body that exerts energy and energy including sports activities. Physical activity can balance the calories contained in foods with calories used during physical activity. Lack of physical activity is a factor causing obesity. The purpose of this study was to analyze the relationship between diet and physical activity with the incidence of obesity in children aged 6-12 years in SDN Kauman.

The type of research was analytical and design of the research was Case Control Study. Data were taken from Puskesmas Kabuh and SDN Kauman. Subject of the research were children age 6-12 years. Sampling were taken who meet the inclusion criteria, there are 68 samples (overweight and not overweight) while the control sample matching was done. Data were analyzed by Chi-square with significant level 95%.

There is a relationship between diet and the incidence of obesity with insidency of obesity OR = 5,958 (95% CI: 2,065-17,190), which means that children who have poor diet has a risk factor for obesity of 5,958 times compared with children who have a good diet. The second research result is there is a relationship between physical activity with the incidence of obesity with insidency of obesity OR = 6,525 (95% CI: 2,038-20,892), which means that children who do light physical activity have risk factors for obesity of 6,525 times compared with children who do moderate physical activity.

These data show that diet and physical activity are factors that affect the incidence of obesity in children. Therefore it is expected that the role of parents, teachers, and health workers to improve the nutritional status of children.

Keyword : diet, physical activity, obesity