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Prevalence of *Genu Valgum* in Children Aged 10-12 Years with Excessive Body Weight (Overweight/Obesity) in Sanur Kaja Village, Denpasar

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ABSTRACT

Background: Overweight/obesity is a global health problem, both in developed and developing countries and the number of overweight/obese people increases every year. Being overweight during childhood increases the risk of obesity in adulthood and can lead to musculoskeletal disorders, one of which is *genu valgum*. The purpose of this study was to determine the prevalence of *genu valgum* in children aged 10-12 years who are overweight/obese in Sanur Kaja Village, Denpasar.

Methods: This study was an observational study with a cross-sectional design conducted at elementary schools in Sanur Kaja Village in April 2019. The sampling technique used was purposive sampling. A total of 78 children were included in this study. The univariate analysis in this study was *genu valgum*, overweight/obesity, age, and gender.

Result: The prevalence of *genu valgum* in children aged 10-12 years in Sanur Kaja Village was 46.7% in overweight children and 53.3% in obese children, with 30 people (38.5%) experiencing *genu valgum* out of the total sample of 78 people (100%).

Conclusion: Based on the result of this study, the incidence of *genu valgum* was higher in children aged 10-12 years who were *obese* compared to children with *overweight* body mass index. It is recommended that children who are obese and overweight to control their eating patterns, maintain normal body weight, and do enough physical activity.

Keywords: Overweight; obesity; genu valgum; prevalence