Objective: Childhood obesity has become a serious public health problem. The main objective of this study is to determine the prevalence and risk factors associated with childhood obesity among 7 and 8 year old primary school students in Kota Kinabalu. The secondary objective is to determine the prevalence of high blood pressure among primary school students who are obese.

Methodology: A total of 891 students were included from 5 zones of Kota Kinabalu. This study was conducted between February to April 2008. Questionnaires were used for data collection. Weight and height were measured and BMI (body mass index) was calculated. Blood pressure measurements were taken at least twice.

Results: The overall prevalence of obesity among 7 and 8 year old primary school students in Kota Kinabalu was found to be 2.5%. Low birth weight (birth weight less than 2.5kg), high birth weight (birth weight 4.0kg and above) and high family income (total family income per month more than RM 5000) were not associated with obesity in this study. No breast feeding and maternal gestational diabetes increased risk of obesity, but were not statistically significant. Non exclusive breast feeding (infant formula started before 6 month old) was associated with doubling the risk of obesity (odds ratio=2.4, 95% confident interval= 1.02 to 5.63, p=0.038) and this was statistically significant. Obese students were associated with 7 times increased risk of hypertension (odds ratio=6.62, 95% confident interval= 2.8 to 15.63) and p<0.05.