

Appendix 1 Guidelines of Schoolchild Overweight and Obesity Prevention” for schoolchildren in Indonesia (Kementerian Kesehatan Republik Indonesia [Ministry of Health Republic of Indonesia], 2012)

Purpose

- (1) These guidelines aim as the reference of developing common comprehension of include all parts (the government, local government, school institution, private and people’s innate energy) for implementing prevention and countermeasures of obesity for schoolchildren.

Objectives

- (1) To be used as a reference of the regulation of supporting and imposing sensitization of prevention and countermeasures of obesity for schoolchildren.
- (2) To be used as a reference of program manager from the relevant sector and school committee in prevention and countermeasures of obesity for schoolchildren.
- (3) To be used as a reference of department of education and school committee who support and play a role in prevention and countermeasures of obesity for schoolchildren.
- (4) To be used as a reference of private, innate community group, and social organization to play a role in prevention and countermeasures of obesity for schoolchildren.

Preparation

- (1) Coordination meeting with relevant sectors
- (2) Preparation of human resources
- (3) Planning meeting
Determination of the target, assessment of needs of logistics (weighing scale, height scale), working schedule, assignment

Implementation

- (1) In collaboration with the family, school, community, and health service providers
- (2) Healthy lifestyles to prevent child obesity
 - ① Fruit vegetable consumption 5 portion/ day
 - ② Limit the screen time less than 2 hours/ day
 - ③ Avoid placing TV in child room
 - ④ Decrease sugary drinks intake
 - ⑤ Decrease oily foods intake
 - ⑥ Decrease eat outside
 - ⑦ Eat breakfast and bring lunchbox to school
 - ⑧ Eat with family at least once a week

- ⑨ Eat foods regular times
 - ⑩ Increase physical activity at least 1 hour/ day
 - ⑪ Involve your family to improve lifestyles to prevent over nutrition
 - ⑫ Target reducing weight healthily
- (3) Treatment of child obesity
- ① Physical measurement: The nutritionist in the health center or the school health teacher in the school measure the weight and height and report the results to the health center for screening.
 - ② Nutrition screening: Calculate BMI and judge obesity status with WHO standards.
 - ③ Follow-up: Share the nutritional status results with parents in consideration of privacy from the school.
 - ④ Assessment of obesity: Assess the medical record, physical examination, food record
 - ⑤ If the comorbidities are found, children will be recommended to consult with the hospital.
 - ⑥ Children without comorbidities will continue the assessment in the health center.
 - ⑦ Nutrition consultation for 3 months for children and their family.

Evaluation

After 3 months: If children success reducing weight, evaluation will be done every 3 months. If children fail reducing their weight, special menu for children and their family will be conducted.

Appendix 2 Interview Guide for Children Age 10-12

UIN Jakarta/ St. Luke's International University

Interview Guide on Child Lifestyle and Physical Measurement Sheet

Thank you for sister/ brother's participation. Please answer the following topics. There is no right or wrong answer, just give sister/ brother's comment freely. It will take 60 minutes.

Sister/ brother, **you can stop anytime** if you do not want to continue. Please be assured that information provided will be kept **confidential**.

Date: (, 2014), Time: (: ~ :), Place: (), Code ()

Demographic Data				
Village				
Age	Mother: ()		Child: ()	
Sex			Female	Male
Religion	Islam	Christianity	Buddhism	Others ()
Family members living together (Please circle all those applied)	Grandfather, Grandmother, Father, Mother Brother(s) : Elder (), Younger () Sister (s): Elder (), Younger () Other relatives: Who? () How many? () Others: Who? () How many? ()			

Code ()

Anthropometric Data			
Height	Mother	cm	Child
Weight	Mother	kg	Child
BMI	Mother		Child
WHR	Mother	%	Child

Key Questions for Children Aged 10 to 12:

Daily Life		
Schedule	Brother/ Sister, can you explain; • What time do you pray?	0100 0200

	• What time do you wake up?	0300
	• What time do you take a bath?	0400
	• What time do you eat break fast?	0500
	• What time do you go to school?	0600
	• What time do you eat snack?	0700
	• What time do you eat lunch?	0800
	• What time do you eat snack?	0900
	• What time do you play?	1000
	• What time do you go to Islamic school?	1100
		1200
	• What time do you eat evening meal?	1300
		1400
	• What time do you eat dinner?	1500
	• What time do you go to bed?	1600
		1700
		1800
		1900
		2000
		2100
		2200
		2300
		2400

1. Healthy Weight Development

- 1) Brother/ sister, is there any concern regarding your health? (eg:. lazy, often tired, cannot eat well)
- 2) Brother/ sister, do you feel you are in healthy weight now? Why do you think so?
- 3) Brother/ sister, what does obesity mean? (Synonym, impression or ideas of obesity) (eg:. Gemuk, less than XX kg, no illness)
- 4) Brother/ sister, what is the cause of obesity? (eg:. Less exercise, eat too much)
- 5) Brother/ sister, what are the consequences of obesity? (eg:. Die, sick, tired)

2. Predisposing Factors and Barriers Towards Child Obesity Prevention

6) Brother/ sister, what helps you to access healthy lifestyle? (eg.: knowledge, belief, value, confidence)

7) Brother/ sister, what prevents you from healthy lifestyle?
(eg.: friends, family, school, street vendors, health center, economy, distance to the health facilities)

3. Reinforcing Factors

8) Brother/ sister, who gives you health information?
(eg.: Mother, Health center nurse, Health center midwife, Health center doctor, village midwife, village head, Kader, imam)

9) Brother/ sister, which health facility do you go when you are sick?
(eg.: Health post, health center, private clinic, government hospital)

4. Dietary Behavior

10) Brother/ sister, who prepare and cook your daily meal?

11) Brother/ sister, who & how decides what you eat? Why?

12) Brother/ sister, please tell us your favorite food.

13) Brother/ sister, please tell us your favorite snack.

14) Brother/ sister, do you have any problem in eating?

15) Brother/ sister, please tell us about your food intake yesterday.

Check	Type	Time	Content	Amount	Place	With
	Breakfast					
	Lunch					
	Dinner					

	(evening)					
	Dinner (night)					

16) Brother/ sister, how often, where, and what do you buy your daily foods?

Shopping place	Once/ week	2-3 times/month	Once/ month	Less than once/ month
Market				
Supermarket, Toserba (Alfamart, Indomaret)				
Street Vendor				
Others (Please specify) →				

5. Physical Activity Behavior

17) Brother/ sister, do you play sports or not? If yes, what kind of sports? How often?

How long? If not why? (eg. soccer, badminton, running, bicycle) () hrs/ day ×
() times/ week)

18) Brother/ sister, how do you watch TV or play game? How long and why?

! THIS IS THE END OF THE SESSION. THANK YOU FOR YOUR COOPERATION !

Appendix 3 Interview Guide for Mothers of Children Age 10-12

UIN Jakarta/ St. Luke's International University

Interview Guide on Maternal Perception on Child Lifestyle and Physical Measurement

Thank you for your participation. Please answer the following topics. There is no right or wrong answer, just give your comment freely. It will take 60 minutes. **You can stop anytime** if you do not want to continue. Please be assured that information provided will be kept **confidential**.

Date: (, 2014), Time: (: ~ :), Place: (), Code ()

Demographic Data						
Village						
Age	Mother: ()			Child: ()		
Sex				Female	Male	
Monthly Family Income	Rp. 0-999,999		Rp. 1,000,000-2,999,999		Rp. 3,000,000-	
Occupation	Farmer	Company worker		Public officer	Housewife	Others ()
How do you pay your child's medical fee?	No Insurance	JKN-PBI	JKN-non-PBI	Jamkesda	Private Insurance	Others (BPJS)
Your educational attainment	Less than primary school	Completed primary school	Completed junior high school		Completed high school	Completed diploma or university
Religion	Islam		Christianity		Buddhism	Others ()
Family members living together	Husband, Live with intimate partner Child (sex and age) () Father, Mother, Stepfather, Stepmother					

3. Reinforcing Factors

- 9) Who gives you information of child health?
(eg. Health center nurse, Health center midwife, Health center doctor, village midwife, village head, Kader, imam)
- 10) How do you think about current child health services?
(eg. Moderate, not sufficient, too expensive, too far, too crowded)
- 11) Which health facility do you take your child when child is sick?
(eg. Health post, health center, private clinic, government hospital)
- 12) Why did you decide to bring your child there? (eg. cheap, near, know each other well)
- 13) How do you take your child to the health facilities? (eg. Walk, mini-bus, bicycle, and motorbike)

4. Feeding Behavior

- 14) Who is the responsible person for your child's food intake?

Check	Type of responsible	Reason
	Father	
	Mother (= you)	
	Grandfather	
	Grandmother	
	Others (Please specify) →	

- 15) Is your child raised formula or breastfeeding?
- 16) How did you prepare babyfood? Instant or cook by yourself?
- 17) Please tell us about your child's food intake yesterday.

Check	Type of food	Time	Content	Amount
	Breakfast			

	Lunch			
	Dinner (evening)			
	Dinner (night)			

18) Usually, where do you get your daily food?

Shopping place	Once/ week	2-3 times/month	Once/ month	Less than once/ month
Market				
YOGYA, Alfamart, Indomaret, GRIYA				
Street vendor				
Others (Please specify) →				

- 1) How do you decide what you your child eat?
(eg. Cheap, easy to cook, child's favorite foods)

! THIS IS THE END OF THE SESSION. THANK YOU FOR YOUR COOPERATION !

Appendix 4 Interview Guide for Stakeholders (Health Service Providers)

UIN Jakarta/ St. Luke's International University

Interview Guide on Health System and Programs for Health Service Providers

Thank you for your participation. Please answer the following topics. There is no right or wrong answer, just give your comments or opinions so that we can learn from your views. It will take 60 minutes. **You can stop anytime** if you do not want to continue. Please be assured that information provided will be kept **confidential**.

Date: (, 2014), Time: (: ~ :), Place: (, Banten province)

Job title of the health service provider (), Age (), Serving () years

Key Questions for Health Service Providers:

1. Health Needs

- 1) What are the health priorities in Banten province?
- 2) What are the health priorities especially in South Tangerang District?
- 3) How do you think about the child obesity?

2. Policy, Organization

- 4) How is the policy regarding child health (or NCDs or obesity)?
(eg. Guidelines of Schoolchild Overweight and Obesity Prevention)
- 5) How is the health systems of (obesity/ NCDs) prevention?
- 6) Do you have any programs of (obesity/ NCDs) prevention?
- 7) How are the resources allocated for (obesity/ NCDs) prevention?
- 8) How is the human resources for (obesity/ NCDs) prevention?
- 9) Do you know any other organizations which support (obesity/ NCDs) prevention program in Banten province?
(eg. USAID, UNICEF, JICA)
- 10) How will (obesity/ NCDs) prevention/ solution be?

3. Enabling Factors

- 11) How do you think about people's accessibility, availability, and affordability of your health facilities?
- 12) How many human resources do you have in Banten province and in Tangerang?
- 13) How are health human resources assignment in one typical health center to provide health care services?
(eg. 1 doctor, 10 nurses, 1 nutritionist, 1 public health nurse)
- 14) How are the working hours and details of the services in health center?
- 15) Does the health center have any personnel especially for child health?
- 16) How is the system of educating human resources?
(eg. training, seminar)

4. Predisposing Factors and Barriers Towards Child Obesity Prevention

- 17) How do you think of factors of child obesity?
(eg. friends, family, school, health center, environment, socioeconomic status)
- 18) What prevents children's healthy lifestyle?
(eg. friends, family, school, health center, environment, socioeconomic status)

! THIS IS THE END OF THE SURVEY. THANK YOU FOR YOUR COOPERATION !

10) How will the school health (obesity/ NCDs) be?

3. Predisposing Factors and Barriers Towards Child Obesity Prevention

11) How do you think of factors of child obesity?

(eg: friends, family, school, health center, environment, socioeconomic status)

12) What prevents children's healthy lifestyle?

(eg: friends, family, school, health center, environment, socioeconomic status)

! THIS IS THE END OF THE SURVEY. THANK YOU FOR YOUR COOPERATION !

Physical Activity	18	Step counts per day	① <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> steps ② <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> steps ③ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> steps ④ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> steps ⑤ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> steps ⑥ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> steps
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INSTRUCTIONS: Following part will ask child about frequency of child lifestyle behaviors that child practice to prevent obesity. There is no right or wrong answer, circle the answer that best describes child's view.

DURING THIS ONE MONTH,

Frequency Rating						
Cate	#	Question	Never	Sometimes	Often	Everyday
A	19	I weigh my weight.	N	S	O	E
Enabling	20	There are family members who teach about obesity to me.	N	S	O	E
	21	There are teachers who teach me about obesity.	N	S	O	E
	22	There are health center staff who teach me about obesity.	N	S	O	E
Reinfor	23	I have ever studied about obesity in the school.	N	S	O	E
	24	Health center gives me a health information about obesity.	N	S	O	E
Dietary Behavior						
Attitude	25	I reject if my friends invite snacking.	N	S	O	E
	26	I reject if my family invite snacking.	N	S	O	E
Reinforcing	27	My family cooks at home.	N	S	O	E
	28	My family avoids cooking instant foods (eg. Instant noodles, chicken nuggets)	N	S	O	E
	29	My family buys foods from outside (eg.: take away foods from restaurant)	N	S	O	E
	30	My family orders me not to sleep right after the meal.	N	S	O	E
	31	My family teaches proper dietary behavior.	N	S	O	E
	32	My family controls my amount of food.	N	S	O	E
Content	33	I eat instant foods. (eg. Instant noodles)	N	S	O	E
	34	I eat junk foods (eg.: Hamburger, French fries)	N	S	O	E
S	35	I drink sweet drinks (eg: <i>iced tea, soda</i>).	N	S	O	E
M	36	I eat when I feel depressed.	N	S	O	E
Eating	37	I eat meal alone.	N	S	O	E
	38	I eat while watching television.	N	S	O	E
	39	I decide/choose what I eat.	N	S	O	E
	40	I eat within 10 minutes at meal.	N	S	O	E
Fr	41	I ask for extra portion when I eat.	N	S	O	E
	42	I skip my breakfast.	N	S	O	E

Envir	43	My relatives do not give extra snacking money to me (besides money from parents).	N	S	O	E
Physical Activity Behavior						
At	44	Even I am alone (without friends or family), I exercise.	N	S	O	E
Ena	45	I have friends to exercise together.	N	S	O	E
	46	I have family to exercise together.	N	S	O	E
Physical Activity	47	I walk/ ride bicycle to go to school (without any transportation).	N	S	O	E
	48	I exercise every Saturday and Sundays.	N	S	O	E
	49	I exercise 60 minutes per days (7 hours per week) on average. (eg.: soccer/ futsal/ basketball/ skipping/ bicycle/ jogging)	N	S	O	E
Sleeping Behavior						
Sleeping	50	I am sleepy during daytime.	N	S	O	E
	51	I have trouble in sleeping.	N	S	O	E
	52	I nap after lunch.	N	S	O	E
	53	I lie down right after the meal.	N	S	O	E
	54	I eat if I stay up late.	N	S	O	E
	55	I sleep well during nighttime.	N	S	O	E

INSTRUCTIONS: Following part will ask child opinions about child lifestyle behaviors that child practice to prevent obesity. There is no right or wrong answer, circle the answer that best describes child's view.

DURING THIS ONE MONTH,

Agreement Rating							
C	#	Question	Strongly Disagree	Dis agree	Un decided	Agree	Strongly Agree
Predisposing Factors of Obesity							
Values	56	Obesity is unhealthy.	1	2	3	4	5
	57	Obesity is a sign of happiness.	1	2	3	4	5
	58	I admire thin models. (eg. JKT48, Justin Bieber, Cherribell)	1	2	3	4	5
	59	Obesity is seen as a bad shape.	1	2	3	4	5
	60	Obesity is easily teased.	1	2	3	4	5
Knowledge	61	Obesity is caused by excessive calorie intake.	1	2	3	4	5
	62	Obesity is caused by physical inactivity.	1	2	3	4	5
	63	Obesity is caused by short sleep.	1	2	3	4	5
	64	Obesity is caused by eating haphazardly.	1	2	3	4	5
Attitude	65	I am lazy to change my lifestyle.	1	2	3	4	5
	66	I think lifestyle change is important to prevent obesity.	1	2	3	4	5
Efficacy	67	I think I can control my amount of dietary intake.	1	2	3	4	5
	68	I think I can reduce my snack intake.	1	2	3	4	5
	69	I think I can increase my exercise time.	1	2	3	4	5
	70	I think I can control my screen time (TV, Game, computer, mobile phone)	1	2	3	4	5
Dietary Behavior							
Contents	71	I like eating snacks than eating meals.	1	2	3	4	5
	72	I like fruits (e.g. <i>mangga</i> , <i>pepaya</i>).	1	2	3	4	5
	73	I like vegetables (e.g. <i>kangkung</i>)	1	2	3	4	5
M	74	I eat when I feel happy.	1	2	3	4	5
Physical Activity Behavior							
E	75	I fear kidnapping if I exercise alone.	1	2	3	4	5

Physical Activity Behaviors	76	I fear accident if I exercise outside.	1	2	3	4	5
	77	I fear air pollution if I exercise outside.	1	2	3	4	5
	78	In my place, I have exercise facilities to play sports.	1	2	3	4	5
	79	I am lazy to exercise.	1	2	3	4	5
	80	It is better sleep at home than exercising outside.	1	2	3	4	5
	81	It is better watching TV than exercising outside.	1	2	3	4	5
	82	I have no time to exercise because I have to help my family at home (eg. Take care of siblings, sweeping, washing dishes).	1	2	3	4	5

Appendix 7 Survey Guide-Directions for research assistants

Syarif Hidayatullah State Islamic University Jakarta/ St. Luke's International University

Survey Guide **Directions for research assistants** **Questionnaire on Children's Behavior and Lifestyles**

Thank you very much for your collaborations with this study to contribute to child obesity prevention in South Tangerang district, Banten province, Indonesia. There are some directions for the questionnaire. Please read followings carefully.

Tips:

1. Please make sure the guardian of the eligible child signed the consent form.
2. Please make sure the eligible child is aged 9 to 11, or 4th and 5th grade of the elementary school.
3. Please make sure the eligible child is not in any medication or not in chronic diseases.
4. Please be careful not to force the participant children to answer. There is no right or wrong answer, just wait for the answer that best describes child's opinion.
5. Please use simple and plain language so that children aged 9 to 11 can understand our questions.
6. Please stop anytime when the participant children do not want to continue the questionnaire.
7. You cannot tell anybody about the privacy of the participant children.
8. Please make children be assured that information provided will be kept confidential.
9. Please make sure no blank in the questionnaire so that we have no invalid questionnaire.

Explanation:

We are researchers at the Islamic State University Syarif Hidayatullah Jakarta, and at the St. Luke's International University, Tokyo, Japan. We are going to study on child lifestyle and obesity status in South Tangerang district, Banten province, Indonesia. We would like you to participate in this study as the research assistants of the survey.

Purpose: In order to examine the factors of child lifestyles relating to obesity and health status in South Tangerang district to contribute to future healthier generation.

Method: Quantitative cross sectional study using questionnaire.

Request:

- 1) **Questionnaire:** We would like you to conduct the survey of child's lifestyle and relevant factors of obesity in order to examine child lifestyles and health status. Simple and plain language for children aged 9 to 11 is desirable to assist the communication. Participant children do not have to participate if they do not want. If you observe that children are tired or bored, please recommend children to take a rest and continue if possible. If children feel uncomfortable during the survey, please stop the questionnaire and stop further contact. Please take notes during the survey only for the research purpose.
- 2) **Time and Methods:** We would like you to conduct the survey of child's health lifestyle behaviors and relevant factors of obesity. It will take about 40 minutes and be held in a place where children want. However, if children want to be with their guardians or friends during survey, please let them do so. Please tell them there is no disadvantage if they want to be with their guardians or friends. You will facilitate the questionnaire and fill in the survey notes.
- 3) **Physical Measurements:** Please check participant children's anthropometric status to know children's health status such as height, weight, waist-hip ratio, and stepcounts using height scale, weighing scale, waist-hip ratio scale, and pedometers.

Ethical considerations:

- 4) **Informed consent:** Before the questionnaire and the measurement start, please introduce yourself and explain participants about research purpose and methods using the informed consent form, using the plain language. The consent form signed by the guardians of eligible children on behalf of children must be confirmed before the questionnaire and the measurement.
- 5) **Voluntary participation:** Participation is completely at participant children's own will and free to quit at any time they want. Even after they agreed to participate in the research, they may withdraw at any time. You should not tell anybody whether participants participated or not. Participants will not have any negative influence even if they do not consent to participate.
- 6) **Protection of privacy:** The questionnaire and the physical measurement will be conducted in a location on participant children's choice to keep their privacy. Please do not divulge of any of the participants' information known by the survey. Please inform children that the information participants provide will be treated anonymously and used only for the purpose of study. The results of this study may be published or presented at conference, but participants' anonymity will be protected.
- 7) **Data security:** Please inform participants that the written data will be securely

stored in a locked cabinet where only researchers are accessible. All data will be destroyed after three years of the study completion.

8) Advantage and disadvantage: Please inform participants followings:

Advantage: The provided information will be presented or published as a study in order to strengthen child health in Indonesia. After the survey, pedometers to maintain participant children's health will be given to them as an appreciation.

Disadvantage: Participant children will spend their precious time for the survey. Although participants may feel uncomfortable by answering question, they can stop anytime they want. When participants feel uncomfortable, the first contact will be the responsible person at the place of survey. If it were in the elementary school, the first contact will be the school principal. If it were in your house, it will be guardians. When you noticed participant's uncomfortable response, please let us know. Then you can consult with the elementary school and the elementary school will report guardians. Elementary school will recommend mothers to take your child the health center or the doctor.

9) Publication: Please inform participants followings: The results of this study may be published or presented at professional conferences.

10) Conflict of Interest: In this study, the researcher disclose the Conflict of Interest with the *Yamaji Fumiko Professional Nursing Education and Research Foundation* and *Scholarship for the International Field Research of St. Luke's International University*. The fund will be used properly by all research members with no interest influencing the study fairness.

If you have any question or concern about this study, please let us know.

Appendix 8 Request for Research Participation Form (Research Assistants)

REQUEST FOR RESEACH PARTICIPATON

We are researchers at the Islamic State University Syarif Hidayatullah Jakarta, and at the St. Luke's International University, Tokyo, Japan. We are going to study on child lifestyle and obesity status in South Tangerang district, Banten province, Indonesia. We would like you to participate in this study as the research assistants of the survey. The results of this study may be published or presented at conference.

Purpose: In order to examine the factors of child lifestyles relating to obesity and health status in South Tangerang district to contribute to future healthier generation.

Method: Quantitative cross sectional study using questionnaire.

Request:

- 1) **Questionnaire:** We would like you to conduct the survey of child's lifestyle and relevant factors of obesity in order to examine child lifestyles and health status. Simple and plain language for children aged 9 to 11 is desirable for the communication. Participant children do not have to participate if they do not want. If children seems tired, please recommend children to take a rest and continue if possible. If children feel uncomfortable during the survey, please stop the questionnaire and stop further contact. Please take notes during the survey only for the research purpose.
- 2) **Time and Methods:** We would like you to conduct the survey of child's health lifestyle behaviors and relevant factors of obesity. It will take about 40 minutes and be held in a place where children want. However, if children want to be with their guardians or friends during survey, please let them do so. Please tell them there is no disadvantage if they want to be with their guardians or friends. You will facilitate the questionnaire and fill in the survey notes.
- 3) **Physical Measurements:** Please check participant children's anthropometric status to know children's health status such as height, weight, waist-hip ratio, and stepcounts using height scale, weighing scale, waist-hip ratio scale, and pedometers.

Ethical considerations:

- 4) **Informed consent:** Before the survey starts, the research team will introduce ourselves and explain you about research purpose and methods using the informed consent form. If you decide to participate in this research, you will be asked to sign the consent form.
- 5) **Voluntary participation:** Participation is completely at your own will and free to quit at any time you want. Even after you agreed to participate in the research, you may withdraw at any time. You will not have any negative influence even if you do not consent

to participate.

6) Protection of privacy:

In this survey, including physical measurements, will be conducted in a place of the participants' choosing so that their privacy can be protected. The questionnaire is completely anonymous, so no participants can be identified in any possible manner. Please do not divulge any of the participants' information and also explain participants that the confidentiality of personal information or participation status.

7) Advantage and disadvantage:

Advantage: The provided information will be presented or published as a study in order to strengthen child health in Indonesia, and you are a part of it. We will give you small appreciation (15 USD or equivalent per day).

Disadvantage: You will spend your precious time for the survey. Although you may feel uncomfortable by conducting survey, you can stop anytime you want. When you feel uncomfortable, the first contact will be the responsible person at the place of survey. Then you will contact your supervisor and us. Your supervisor or we will recommend you to consult with the health center or the doctor.

8) Publication: The results of this study may be published or presented at professional conferences with participants' anonymously.

9) Conflict of Interest: In this study, the researcher disclose the Conflict of Interest with the *Yamaji Fumiko Professional Nursing Education and Research Foundation* and *Scholarship for the International Field Research of St. Luke's International University*. The fund will be used properly by all research members with no interest influencing the study fairness.

If you have any question or concern about this study, please let us know.

Sincerely yours,

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Hidayatullah Jakarta

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Appendix 9 Request for Research Participation Form (Experts)

REQUEST FOR RESEACH PARTICIPATON

We are researchers at the Islamic State University Syarif Hidayatullah Jakarta, and at the St. Luke's International University, Tokyo, Japan. We are going to study on child lifestyle and obesity status in South Tangerang district, Banten province, Indonesia. We would like you to participate in this study as the experts to measure the content validity.

Purpose: In order to measure the content validity of the self-developed questionnaire of child obesity prevention lifestyle and behaviors for children in South Tangerang district.

Method: Content validity test using questionnaire with check-lists.

Request:

- 1) **Content Validity Test:** We would like you to rate our questionnaire using an index of a 4-point scale (1= not relevant to 4 highly relevant) for children aged 9 to 11. This intends to measure whether the questionnaire is easy to respond, understandable, burden of respondent.
- 2) **Time and Methods:** The rating will take about 40 minutes and be held in a place where you want. You will read through the questionnaire and mark the number of the scale.

Ethical considerations:

- 3) **Informed consent:** Before the survey starts, the research team will introduce ourselves and explain you about research purpose and methods using the informed consent form. If you decide to participate in this research, you will be asked to sign the consent form.
- 4) **Voluntary participation:** Participation is completely at your own will and free to quit at any time you want. Even after you agreed to participate in the research, you may withdraw at any time. You will not have any negative influence even if you do not consent to participate.

5) Advantage and disadvantage:

Advantage: The provided information will be presented or published as a study in order to strengthen child health in Indonesia, and you are a part of it. We will give you small appreciation (15 USD or equivalent per day).

Disadvantage: You will spend your precious time for the survey. Although you may feel uncomfortable during content validity test, you can stop anytime you want. When you feel uncomfortable, the first contact will be the responsible person at the place of survey. Then you will contact your supervisor and us. Your supervisor or we will recommend you to consult with the health center or the doctor.

- 6) Publication:** The results of this study may be published or presented at professional conferences.
- 7) Conflict of Interest:** In this study, the researcher disclose the Conflict of Interest with the *Yamaji Fumiko Professional Nursing Education and Research Foundation* and *Scholarship for the International Field Research of St. Luke's International University*. The fund will be used properly by all research members with no interest influencing the study fairness.

If you have any question or concern about this study, please let us know.

Sincerely yours,

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan

Address: 10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0044, Japan

Email: [REDACTED]@slcn.ac.jp

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan

Telephone: +81-3-[REDACTED]

Email: [REDACTED]@slcn.ac.jp

Maftuhah, RN, MNSc, PhD.

Senior Lecturer, Nursing Department, Faculty of Medicine and Health, UIN Syarif

Hidayatullah Jakarta

Mobile: [REDACTED]

Email: [REDACTED]

Appendix 10 Request for Research Collaboration (UIN)



9 March 2016

Kepada Yth. Prof. Dr. [REDACTED], The Dean of the Faculty of Medicine and Health, Islamic State University Syarif Hidayatullah Jakarta

REQUEST FOR RESEARCH COLLABORATION

I am a doctoral student majoring in Global Health Nursing at St. Luke's International University, Japan. I would like to conduct a study "Schoolchildren's Behaviors and Lifestyles Relating to Obesity-Development of Prevention Program Model in Urban Indonesia-" to develop a child obesity prevention model in collaboration with the Department of Nursing in the Faculty of Medicine and Health, Islamic State University Syarif Hidayatullah Jakarta.

The purpose of this study is to examine the relationship between child lifestyles relating to obesity and their obesity status in South Tangerang district, Banten province. The area where we will conduct the study is one which has an agreement with the UIN. Quantitative study will be conducted using questionnaires with 9 to 11 years old children. Physical data such as weight, height, waist-hip ratio, and stepcounts of children will be measured.

Therefore, I request your permission and kind assistance for the study. If you accept my proposal, I will require an introduction to Prof. Waras Budi Utomo, the head of the Nursing Department, in order to collaborate with the department. I would greatly appreciate Prof. Waras's aid in conducting the study, along with Dr. Maftuhah and other faculty members and students, who are interested in and willing to collaborate with this study.

Thank you very much for your consideration of my request. If you have any questions or concerns regarding my proposal, please feel free to contact the address below.

Sincerely,

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan

Email: [REDACTED]@slcn.ac.jp

Phone:

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan Email: junko-tashiro@slcn.ac.jp

Phone: +81-3-[REDACTED]

Appendix 11 Research Permission Request (Agency for National Unity, Politics, and Community Protection)



9 March 2016

Dear Mr. [REDACTED]

Director of the Agency for National Unity, Politics, and Community Protection, Indonesia

REQUEST FOR RESEARCH PERMISSION

I am a doctoral student majoring in Global Health Nursing at St. Luke's International University, Japan. I would like to conduct a study called "Schoolchildren's Behaviors and Lifestyles Relating to Obesity-Development of Prevention Program Model in Urban Indonesia-" to develop a child obesity prevention model in collaboration with the Department of Nursing in the Faculty of Medicine and Health, Islamic State University Syarif Hidayatullah Jakarta (UIN).

The purpose of this study is to examine the factors of children's lifestyles relating to obesity and their health status in South Tangerang district, Banten province to contribute to future healthier generation. The study will be held 4 weeks between August and October 2015 at the elementary schools.

The methods will be the quantitative study using questionnaires with 9 to 11 years old children. Physical data such as weight, height, waist-hip ratio, and stepcounts of children will be measured. Voluntary participation and protection of privacy will be securely protected.

About ethical considerations, this study and the researcher respect participants' religious and cultural background, and have no discrimination or prejudice on people's body shape such as height, weight, and the waist circumference. It will be informed that no disadvantage will occur when obese children participated in this study. The researcher will explain the study purpose, methods, timeframe, reasons recruited, advantages and disadvantages written in the consent form before conducting the study for both children and mothers. If participants agree participating the research, they will sign the consent form. For the child participants, even though child participants are still difficult to fully understand the information on research, the explanation will be done using plain language to the eligible children. The consent will be obtained from the guardian mothers on behalf of children if mothers decide to participate in the research.

Voluntary participation: Participants can start or stop anytime on their own will even after the participants agreed to participate in the research without knowing by anybody.

Participants will not be negatively influenced even if participants reject to participate.

Participation status will not be known by supervisors or teachers.

Protection of privacy: Participants decide the place where the study being held to protect the participants' privacy. The information provided will be kept anonymously and used only for the study purpose. The results of the study may be published or presented but anonymity will be guaranteed.

Data security: The data provided will be securely stored in a locked cabinet where only the researcher is accessible. All data will be destroyed after three years of the study completion (December 2017).

Conflict of Interest: In this study, I disclose the Conflict of Interest with the *Yamaji Fumiko* Professional *Nursing* Education and *Research* Foundation and Scholarship for the International Field Research of St. Luke's International University. The fund will be used properly by all research members with no interest influencing the study fairness.

We would like you to allow us to conduct the study and support us. Thank you for your attention. If you have any questions or concerns regarding my proposal, please feel free to contact the address below.

Sincerely,

Maftuhah, RN, MNSc, PhD.

Dosen pada Program Studi Ilmu Keperawatan FKIK UIN Syarif Hidayatullah Jakarta

Mobile: [REDACTED]

Email: [REDACTED]

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan

Email: [REDACTED]@slcn.ac.jp

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan Email: [REDACTED]@slcn.ac.jp

Appendix 12 Request for Research Collaboration (DHO)



9 March 2016

Dear Dr. [REDACTED]

District Health Officer, South Tangerang District, Banten province, Republic of Indonesia

REQUEST FOR RESEARCH COLLABORATION

I am a doctoral student majoring in Global Health Nursing at St. Luke's International University, Japan. I would like to conduct a study called "Schoolchildren's Behaviors and Lifestyles Relating to Obesity-Development of Prevention Program Model in Urban Indonesia-" to develop a child obesity prevention model in collaboration with the Department of Nursing in the Faculty of Medicine and Health, Islamic State University Syarif Hidayatullah Jakarta (UIN).

The purpose of this study is to examine the relationship between child lifestyles relating to obesity and their obesity status in South Tangerang district, Banten province. The area where we will conduct the study is one which has an agreement with the UIN. Quantitative study will be conducted using questionnaires with 9 to 11 years old children. Physical data such as weight, height, waist-hip ratio, and stepcounts of children will be measured.

We would like you and the head of the health center to allow us to conduct the study and support us. Attached is our study proposal. Especially I would like to survey with you and the health officer about the child health. Thank you for your attention. If you have any questions or concerns regarding my proposal, please feel free to contact the address below.

Sincerely,

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan

Address: 10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0044, Japan

Email: [REDACTED]@slcn.ac.jp

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan

Telephone: [REDACTED] Email: junko-tashiro@slcn.ac.jp

Maftuhah, RN, MNsc, PhD. Senior Lecturer, Nursing Department, Faculty of Medicine and Health, UIN Syarif Hidayatullah Jakarta

Mobile: [REDACTED]

Email: [REDACTED]

Appendix 13 Request for Research Collaboration (Elementary School)

Dear [REDACTED]

Principal, Elementary School of South Tangerang District, Banten province, Republic of Indonesia

REQUEST FOR RESEARCH COLLABORATION

I am a doctoral student majoring in Global Health Nursing at St. Luke's International University, Japan. I would like to conduct a study called "Schoolchildren's Behaviors and Lifestyles Relating to Obesity-Development of Prevention Program Model in Urban Indonesia-" to develop a child obesity prevention model in collaboration with the Department of Nursing, Faculty of Medicine and Health, Islamic State University Syarif Hidayatullah Jakarta (UIN).

The purpose of this study is to examine the relationship between child lifestyles relating to obesity and their obesity status in South Tangerang district, Banten province. The area where we will conduct the study is one which has an agreement with the UIN.

Quantitative study will be conducted using questionnaires with 9 to 11 years old children. Physical data such as weight, height, waist-hip ratio, and stepcounts of children will be measured. Voluntary participation and protection of privacy will be securely protected.

We would like you and your teachers to allow us to conduct the study and support us in recruitment and the survey with your students and guardians. Students' participation is totally on their own will and we do not force them to be involved. Even the eligible children or guardians refused participation, no disadvantage will be occurred by refusal. Thank you for your attention. If you have any questions or concerns regarding my proposal, please feel free to contact the address below.

Sincerely,

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan
Address: 10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0044, Japan

Mobile: [REDACTED]

Email: [REDACTED]@slcn.ac.jp

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan

Telephone: +81-3-[REDACTED]

Email: [REDACTED]@slcn.ac.jp

Maftuhah, RN, MNSc, PhD.

Senior Lecturer, Nursing Department, Faculty of Medicine and Health, UIN

Mobile: [REDACTED]

Email: [REDACTED]

Appendix 14 Consent form for Research Participation

Rektor Prof. Toshiko IBE, DNSc
Universitas Internasional St. Luke's, Jepang
(Dean Prof. Toshiko IBE, DNSc, St. Luke's International University)

FORMULIR PERSETUJUAN UNTUK PARTISIPASI PENELITIAN (CONSENT FORM FOR RESERCH PARTICIPATION)

Saya sudah diberikan informasi mengenai permohonan untuk wawancara atau wawancara dari penelitian yang berjudul “Pola Hidup Anak SD Berfaktor Obesitas-Perkembangan Model Pencegahan di Tangerang Selatan, Banten, Indonesia”, dan menyatakan setuju untuk berpartisipasi.

(I have been informed about the “REQUEST FOR RESEARCH PARTICIPATION” of the study on “Schoolchildren’s Behaviors and Lifestyles Relating to Obesity-Development of Prevention Program Model in Urban Indonesia-”, and consented to participate.)

Tanggal (Date):

Tanda tangan peserta (Signature of the participant):

Tanda tangan peneliti (Signature of the researcher):

Komite Etik Penelitian, Universitas Internasional St. Luke's, Jepang
(Research Ethics Committee, St. Luke's International University, Japan)

Nomor Persetujuan (Approval number): TBD

Appendix 15 Withdrawal form for Research Participation

Rektor Prof. Toshiko IBE, DNSc
Universitas Internasional St. Luke's, Jepang
(Dean Prof. Toshiko IBE, DNSc, St. Luke's International University)

PENOLAKAN DARI PARTISIPASI PENELITIAN (WITHDRAWAL OF RESEACH PARTICIPATION)

Meskipun saya setuju untuk berpartisipasi dalam penelitian “Pola Hidup Anak SD Berfaktor Obesitas-Perkembangan Model Pencegahan di Tangerang Selatan, Banten, Indonesia”, saya memberitahu Anda tentang penarikan diri dari penelitian.

(Although I consented to participate in the study on “Schoolchildren’s Behaviors and Lifestyles Relating to Obesity-Development of Prevention Program Model in Urban Indonesia-”, I inform you about the withdrawal from the study.)

Tanggal (Date):

Tanda tangan peserta (Signature of the participant):

Appendix 16 Request for Research Participation (Guardians)

REQUEST FOR RESEACH PARTICIPATON

We are researchers at the the Islamic State University Syarif Hidayatullah Jakarta, and at the St. Luke's International University, Tokyo, Japan. We are going to study on child lifestyle and obesity status in South Tangerang district, Banten province, Indonesia. We would like your children to participate in this study as the representatives of children in South Tangerang.

Purpose: In order to examine the factors of child lifestyles relating to obesity and health status in South Tangerang district to contribute to future healthier generation.

Method: Quantitative cross sectional study using questionnaire.

Request:

- 1) **Questionnaire:** We would like your child to answer your child's lifestyle and relevant factors of obesity in order to examine child lifestyles and health status. A bilingual (Javanese and Indonesian) researcher will assist our communication. Your child does not have to answer all the questions if your child does not want. If your child feel uncomfortable during the survey, we will stop the questionnaire and stop further contact. Please let us take notes during the survey only for the research purpose.
- 2) **Time and Methods:** We would like your child to answer your child's health lifestyle and behavior and relevant factors of obesity. It will take about 40 minutes and be held in a secured place. However, if you want to be with your child during survey, please let us know, there is no disadvantage if you want to be with your child. A bilingual researcher will facilitate the questionnaire and fill in the survey notes.
- 3) **Physical Measurements:** Please let us check your child's anthropometric status to know your child's health status such as height, weight, waist-hip ratio, and stepcounts using height scale, weighing scale, waist-hip ratio scale, and pedometers.

Ethical considerations:

- 1) **Informed consent:** Before the questionnaire and the measurement start, we will explain you and your child about research purpose and methods using the informed consent form, using the plain language to your child. If you decide to participate in this research, you will be asked to sign the consent form before the questionnaire and the measurement. Since you are the guardian of your child, you will also asked to sign the consent form on behalf of your child.
- 2) **Voluntary participation:** Participation is completely at your child's own will and free to quit at any time your child want. Even after you and your child agreed to participate in the

research, you and your child may withdraw at any time. We will not tell anybody whether your child participated or not. You will not have any negative influence even if you do not consent to participate.

3) **Protection of privacy:** The questionnaire and the physical measurement will be done in a location on your child's choice to keep your child's privacy. The information your child's provide will be treated anonymously and used only for the purpose of study. The results of this study may be published or presented at conference, but you and your child's anonymity will be protected.

4) **Data security:** The written data will be securely stored in a locked cabinet where only researchers are accessible. All data will be destroyed after three years of the study completion.

5) **Advantage and disadvantage:**

Advantage: The provided information will be presented or published as a study in order to strengthen child health in Indonesia. After the survey, one pedometer to maintain your child's health will be given to your child as an appreciation.

Disadvantage: Your child will spend precious time for the survey. Although your child may feel uncomfortable by answering question, your child can stop anytime your child want. When your child feel uncomfortable, the first contact will be the responsible person at the place of survey. If it were in the elementary school, the first contact will be the school principal. If it were in your house, it will be you or the family member. When you noticed your child's uncomfortable response, you can consult with the elementary school and the elementary school will recommend you to take your child the health center or the doctor.

6) **Publication:** The results of this study may be published or presented at professional conferences.

7) **Conflict of Interest:** In this study, I disclose the Conflict of Interest with the *Yamaji Fumiko Professional Nursing Education and Research Foundation* and *Scholarship for the International Field Research of St. Luke's International University*. The fund will be used properly by all research members with no interest influencing the study fairness. If you have any question or concern about this study, please let us know.

Sincerely yours,

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan
Address: 10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0044, Japan

Email: [REDACTED]@slcn.ac.jp

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan

Telephone: +81-3-[REDACTED]

Email: [REDACTED]@slcn.ac.jp

Maftuhah, RN, MNsc, PhD.

Senior Lecturer, Nursing Department, Faculty of Medicine and Health, UIN Syarif

Hidayatullah Jakarta

Mobile: [REDACTED]

Email: [REDACTED]

Appendix 17 Request for Research Participation (Children 9-11 years old)

REQUEST FOR RESEACH PARTICIPATON

Brother/ sister, we are researchers at the the Islamic State University Syarif Hidayatullah Jakarta, and at the St. Luke's International University, Tokyo, Japan. Brother/ sister, we are going to study on lifestyle relating to obesity in South Tangerang, Banten, Indonesia.

Brother/ sister, we would like you to participate in this study as the representatives of children of South Tangerang district, Banten province.

Purpose: In order to improve brother/ sister's health status in South Tangerang district, Banten province, we would like to know how brother/ sister's lifestyles are.

Method: Survey using the questionnaire. (Questions and answers)

Request:

1) **Questionnaire:** Brother/ sister, we would like you to tell us how your lifestyles are. A bilingual (Javanese and Indonesian) older brother/ sister will assist our communication. You do not have to answer all the topics if you do not want. If you feel uncomfortable during the questionnaire, please tell us so that we can stop further contact. Please let us take notes during the survey only for the research purpose.

2) **Time and Methods:** Brother/ sister, we would like you to answer your lifestyle. The questions are with options and not too difficult. You can answer It will take about 40 minutes and be held separately with your mother if you allow us to do so. However, if you want to be with your mother during questionnaire, please let us know, there is no disadvantage if you want to be surveyed with your mother.

3) **Physical Measurements:** Please let us check brother/ sister's height, weight, waist-hip ratio, and stepcounts using height, weight, waist-hip ratio scales, and pedometers.

Ethical considerations:

4) **Informed consent:** Brother/ sister, before the questionnaire and the measurement start, we will explain you about research purpose and methods using the information paper. If brother/ sister decide to participate in this research, your mother will be asked to sign the consent form before the questionnaire and the measurement.

5) **Voluntary participation:** Brother/ sister, participation is at your own will and free to quit at any time you want. Even after you agreed to participate in the research, you may stop

at any time. We will not tell anybody whether you participated or not. Brother/ sister will not have any negative influence even if you do not want to participate.

6) **Protection of privacy:** The questionnaire and the physical measurement will be conducted in a location on brother/ sister's choice to keep your privacy. Nobody will know your information and information will be used only for the purpose of study because it is anonymous. The results of this study may be presented at conference, but your information will be protected.

7) **Data security:** The written data will be securely stored in a locked cabinet where only Ms. Ai Ogata is accessible. All data will be destroyed after three years of the study end.

8) **Advantage and disadvantage:**

Advantage: Brother/ sister's information will be presented as a study in order to promote Brother/ sister's health in Banten province, Indonesia. You will get one pedometer to maintain your health as an appreciation of your time.

Disadvantage: Brother/ sister will spend your precious time for the questionnaire. Although you may feel uncomfortable by answering the question, you can stop anytime you want. When you feel uncomfortable, the first contact will be the responsible person at the place of questionnaire. If it were at the school, the first contact will be the principal of the elementary school. If you were at the health center, the first contact will be the head of the health center or the district health office if you allow us to contact them. If it were in your house, it will be your mother or the family member.

9) **Publication:** The results of this study may be published or presented at conferences both in Indonesia and in the world.

If brother/ sister have any question or concern about this study, please let us know.

Sincerely yours,

Ai OGATA, RN, PHN, MA.

Doctoral Student, Global Health Nursing, St. Luke's International University, Tokyo, Japan

Address: 10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0044, Japan

Email: [REDACTED]@slcn.ac.jp

Supervisor: Prof. Junko TASHIRO, Ph.D.

Professor, St. Luke's International University, Tokyo, Japan

Telephone: +81-3-[REDACTED]

Email: junko-tashiro@slcn.ac.jp

Maftuhah, RN, MNSc, PhD.

Senior Lecturer, Nursing Department, Faculty of Medicine and Health, UIN Syarif Hidayatullah Jakarta

Mobile: [REDACTED]

Email: [REDACTED]