Abstract

Overweight, defined as a body mass index (BMI) ranging from 23.0 to 24.9 kg/m², constitutes a global health concern and contributes to a diminished quality of life. This study aimed to determine the factors associated with the effectiveness of an overweight management program among personnel of the Gorontalo Regional Police. A quantitative research method with an analytical cross-sectional study design was employed. A total of 60 respondents were selected using purposive sampling. Data collection instruments included questionnaires on dietary patterns and physical activity, as well as an observation sheet to assess program effectiveness. Data were analyzed using the Chi-square test. The results indicated a statistically significant association between dietary patterns, physical activity, educational level, and the effectiveness of the overweight management program (p-value < 0.001). Physical activity was identified as the most dominant factor, with an Odds Ratio (OR) of 35.467 (95% CI: 7.475 – 168.274), followed by educational level with an OR of 28.778 (95% CI: 6.318 – 131.083). In conclusion, dietary patterns, physical activity, and educational level are significantly associated with the effectiveness of the overweight management program among personnel of the Gorontalo Regional Police.

Keywords: *Effectiveness of overweight management program, associated factors*

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